

Table 3. Mean weekly values (SD) of Training volume, Training Load, and Monotony during the whole experimental period

	Pre-Season			1 st Half of the competition period			2 nd Half of the competition period		
	Team A	Team B	Team C	Team A	Team B	Team C	Team A	Team B	Team C
Volume									
Number of training sessions	74	63	52	138	104	86	142	106	88
Session mean duration (min)	90.88 (4.27)	94.39 (6.60)	85.62 (5.35)	81.75 (16.79)	80.33 (11.75)	73.6 (15.85)	80.78 (15.45)	80.11 (12.34)	74.1 (15.67)
Mean weekly volume (min)	966.69* [†] (35.29)	871.41* [#] (16.84)	653.33* ^{†#} (12.79)	653.12* [†] (4.33)	481.76* [#] (4.40)	368.41* ^{†#} (4.32)	653.13* [†] (15.12)	481.41* [#] (8.84)	368.41* ^{†#} (9.66)
Training Load									
Mean weekly RPE	3641.57 [†] (387.79)	3614.02 [#] (572.30)	2720.43 ^{†#} (151.44)	2871.73* [†] (57.20)	2254.31* [#] (20.71)	2218.42* ^{†#} (15.67)	2832.25* [†] (76.61)	2258.28* [#] (11.94)	2167.04* ^{†#} (7.29)
Monotony	1.97 (0.027)	1.77 (0.094)	1.88 (0.14)	1.178 (0.019)	1.199 (0.015)	1.084 (0.024)	1.170 (0.017)	1.195 (0.016)	1.087 (0.014)
Number of matches	-	-	-	19	18	18	15	15	16
Mean matches RPE	-	-	-	640.6 (4.32)	637.3 (5.12)	638.2 (487)	640.2 (4.51)	636.1 (4.36)	637.8 (4.98)

* team A vs. team B, † team A vs. team C, # team B vs. team C within the same season training measurement at $p < 0.05$ (equal variance assumed: Bonferroni adjusted or equal variance not assumed: Dunnett T3 adjusted).