

Table 4. Comparisons of means (SD) of performance, body composition parameters, and androgen levels by the training regime over time

	Team A			Team B			Team C		
	pre	mid	post	pre	mid	post	pre	mid	post
VO2max (ml/kg ^r /min)	57.67 ^{a,b} (2.54)	60.72 ^a (2.89)	60.94 ^b (2.67)	58.30 ^{a,b} (3.88)	60.59 ^a (3.95)	60.66 ^b (4.12)	56.36 ^{a,b} (2.52)	58.61 ^a (3.12)	58.69 ^b (3.20)
Jumping ability									
SJ (cm)	37.30 ^{a,b} (3.08)	40.17 ^{a,c} (3.43)	41.70 ^{b,c} (3.51)	38.18 ^{a,b} (3.03)	41.27 ^a (3.44)	41.55 ^b (3.66)	37.55 ^{a,b} (3.51)	39.77 ^a (3.62)	40.00 ^b (3.46)
CMJ (cm)	39.13 ^{a,b} (3.27)	41.96 ^{a,c} (4.10)	43.65 ^{b,c} (4.58)	40.09 ^{a,b} (2.79)	43.18 ^a (4.12)	43.09 ^b (4.10)	38.86 ^{a,b} (3.93)	40.73 ^a (3.93)	40.91 ^b (3.84)
Speed									
10m Sprint (sec)	1.79 ^{a,b} (0.06)	1.75 ^{a,c} (0.06)	1.73 ^{b,c} (0.06)	1.78 ^{a,b} (0.72)	1.73 ^a (0.72)	1.73 ^b (0.69)	1.79 ^{a,b} (0.08)	1.76 ^a (0.09)	1.76 ^b (0.09)
20m Sprint (sec)	3.06 ^{a,b} (0.06)	3.03 ^{a,c} (0.05)	3.02 ^{b,c} (0.06)	3.06 ^{a,b} (0.06)	3.01 ^a (0.06)	3.01 ^b (0.07)	3.07 ^{a,b} (0.07)	3.05 ^a (0.07)	3.04 ^b (0.06)
Body composition									
BW	79.14 ^{a,b} (6.16)	78.10 ^a (5.82)	77.60 ^b (5.76)	79.49 ^{a,b} (8.96)	78.10 ^{a,c} (8.65)	77.50 ^{b,c} (8.07)	79.69 ^a (5.48)	78.98 ^a (5.41)	79.14 (5.48)
BF%	11.02 ^{a,b} (4.11)	9.19 ^{a,c} (3.9)	6.76 ^{b,c} (1.35)	10.41 ^{a,b} (4.08)	8.67 ^a (3.21)	8.97 ^b (2.93)	9.72 ^a (2.48)	8.87 ^a (2.21)	8.98 (2.02)
Androgen levels									
TT	604.98 ^{a,b} (141.92)	681.66 ^{a,c} (153.41)	777.04 ^{b,c} (151.52)	686.81 (124.32)	685.63 (136.84)	750.64 (191.47)	622.34 (125.93)	620.91 (160.79)	655.78 (219.47)
FT	13.70 (5.80)	14.69 (6.68)	15.58 (6.16)	10.28 (5.80)	9.58 (4.48)	11.72 (7.34)	9.26 (3.39)	9.26 (5.51)	10.07 (3.69)
3aDiol G	8.43 ^b (2.55)	9.20 ^c (2.92)	10.42 ^{b,c} (2.67)	8.70 (2.87)	8.29 (2.68)	8.45 (3.13)	9.87 (5.76)	9.84 (4.66)	9.70 (4.92)

Pre: baseline measurement, mid: mid-season measurement, post: post-season measurement, VO2max=Maximal Oxygen Consumption, SJ: Squad jump, CMJ: countermovement jump, BW: body weight, BF%: body fat percent, a: pre vs. mid, b: pre vs. post, c: mid vs. post within the same team at $p < 0.05$ (Bonferroni adjusted).