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Timmins, Ryan, Ruddy, Joshua, Presland, Joel, Maniar, Nirav, [Shield, Anthony](#), Williams, Morgan, & [Opar, David A.](#)

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Architectural changes of the biceps femoris after concentric or eccentric training.

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TABLE 2. Changes in concentric and eccentric knee flexor average peak torque at various contraction velocities in the training limb of each group before (day 0) and after the training intervention (day 42) as well as following the de-training period (day 70).

Contraction velocity	Concentric Group (n=14)					Eccentric Group (n=14)				
	Baseline (Day 0)	End Intervention (Day 42)	Post Intervention (Day 70)	%Change following intervention	%Change 28 days post intervention	Baseline (Day 0)	End Intervention (Day 42)	Post Intervention (Day 70)	%Change following intervention	%Change 28 days post intervention
Concentric 240 (°/sec)	89.3 ±16.2	97.86* ±16.4	95.44±13.3*	9.58	-2.47	97.2 ±21.2	109.94* ±19.3	105.10* ±20.3	13.1	-4.40
Concentric 180 (°/sec)	104.44 ±19.1	116.2** ±18.2	111.66±17.8*	11.3	-3.95	111.3 ±24.9	129.06** ±24.3	122.57* ±17.9	15.9	-5.01
Concentric 60 (°/sec)	141.04 ±28.3	159.5* ±24.1	153.51±25.9*	13.1	-3.75	134.15 ±30.8	156.3** ±25.2	152.8* ±17.02	16.5	-2.23
Eccentric 60 (°/sec)	186.53 ±39.6	213.40* ±35.1	203.74±40.3*	14.4	-4.52	196.3 ±44.4	228.8** ±48.9	218.2* ±36.7	16.6	-4.63
Eccentric 180 (°/sec)	178.11 ±44.7	200.62* ±34.8	191.91±35.7*	12.6	-4.34	185.9 ±35.9	216.2** ±43.01	209.02* ±32.1	16.3	-3.32

*=p<0.05 vs Day 0, ** = p<0.001 vs Day 0. All data represented as mean±SD unless otherwise stated. SD = standard deviation, °/sec = degrees per second.