

Table for *Snyder, T.* Effects Of Plyometric and Endurance Training on Aerobic and Anaerobic Power.

		VO ₂ max ml·kg·min ⁻¹	TT time (s)	PPO (W)	MPO (W)
	Pre	39.2 (8.8)	496.3 (68)	668.1 (168)	437.5 (149)
Plyo (n=15)	Post	42.0 (7.8)*	479.5 (62)	742.0 (182)*	490.9 (157)*
	%Change	7.1	3.4	11.0	12.2
Endo (n=14)	Pre	39.2 (8.2)	500.3 (99)	673.2 (225)	454.4 (177)
	Post	42.7 (7.1)*	449.3 (72)*	783.1 (240)*	542.1 (186)*
	%Change	8.9	10.2	16.0	19.3