

Timepoint	STUDY PERIOD																		
	Enrolment	Allocation	Post-allocation (6-weeks period)															Close-out	
	-t1	0	t1	t2	t3	t4	t5	t6	t7	t8	t9	t10	t11	t12	t13	t14	t15	t16 (follow-up at 3 months)	t17 (follow-up at 6 months)
ENROLMENT:																			
Eligibility screen	x																		
Informed consent	x																		
Allocation		x																	
INTERVENTIONS:																			
Eccentric training				x	x	x	x	x	x		x	x	x	x	x	x			
Concentric training				x	x	x	x	x	x		x	x	x	x	x	x			
ASSESSMENTS:																			
Anthropometric data			x																
NRS			x							x							x	x	x
VISA-A			x							x							x	x	x
IPAQ-SF			x							x							x		
FAAM			x							x							x		
PCS			x							x							x		
TSK			x							x							x		
Motor unit firing properties			x							x							x		
Morphological and mechanical properties			x							x							x		

* Schedule of enrolment, interventions, and assessments considering two training sessions per week. This template is copyrighted by the SPIRIT Group and is reproduced by BMJ with their permission.

From: Chan A, Tetzlaff JM, Gøtzsche PC, Altman DG, Mann H, Berlin JA, Dickersin K, Hróbjartsson A, Schulz KF, Parulekar WR, Krleža-Jeric K, Laupacis A, Moher D. SPIRIT 2013 explanation and elaboration: guidance for protocols of clinical trials. *BMJ* 2013; 346:e7586