

3. List of Papers

Study I: Combined speed endurance and endurance exercise amplify the exercise-induced PGC-1 α and PDK4 mRNA response in trained human muscle

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Study II: Effect of speed endurance training on running economy and single muscle fiber adaptations

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In preparation, 2017d

Study III: Effect of increased and maintained frequency of speed endurance training on performance and muscle adaptations in runners

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Study IV: Effect of tapering after a period of high-frequency speed endurance training

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In review, 2017b

Study V: The effect of repeated periods of speed endurance training on running performance and muscle adaptations

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In review, 2017c