LIST OF MANUSCRIPTS

This thesis is a summary of the following three papers:

1. **Kilen A**, Hjelvang LB, Dall N, Kruse NL, and Nordsborg NB.
   Adaptations to short, frequent sessions of endurance and strength training are similar to longer, less frequent exercise sessions when the total volume is the same.

   Weekly distribution of low volume specific strength training for military recruits does not affect functional and histological muscular adaptation.
   Submitted: Medicine & Science in Sports and Exercise (MSSE) 2019a

   Submitted: Medicine & Science in Sports and Exercise (MSSE) 2019b

Additionally, unpublished data analyses will be included in the thesis.