

Table 1. Absolute values of temporal parameters of the twitch evoked by a single stimulation before (Pre) and 30 s after sprints (Post).

	Tw_{CT} (ms)	Tw_{HRT} (ms)
100-m		
Pre	82.8 (5.3)	55.7 (11.5)
Post	78.7 (5.1)*	53.8 (8.2)
400-m		
Pre	81.0 (6.5)	60.0 (16.5)
Post	77.5 (5.5)	54.2 (6.9)
800-m		
Pre	80.5 (4.9)	56.5 (9.2)
Post	75.5 (7.1)	53.8 (9.0)

Data of twitch contraction time (Tw_{CT}) and twitch half relaxation time (Tw_{HRT}) are expressed in mean absolute values (\pm SD). Asterisk indicate significant differences between pre- and post-values (* $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$).