

Table 1. Overview of study design

	Strength block (sessions 1-8)							Power block (sessions 9-16)				
	F	B	1	2	3	4	M	5	6	7	8	P
RM s	✓											
DOMS			✓			✓		✓			✓	
P/REC			✓			✓		✓			✓	
DALDA			✓			✓		✓			✓	
DXA	✓						✓					✓
US		✓					✓					✓
Function	✓	✓					✓					✓
¼ Squat	✓							✓			✓	
Sham/CWI			✓	✓	✓	✓		✓	✓	✓	✓	

F, Familiarization; B, Baseline; M, Mid; P, Post; RM, repetition maximum; DOMS, perceptions of soreness; P/REC, perceptions of recovery; DALDA, Daily Analysis of the Lifestyle Demands of Athletes questionnaire; DXA, DXA scan; US, Ultrasound; Function, muscle function (drop jumps and isometric squat); ¼ Squat, ¼ Squat 4 repetition maximum; Sham/CWI, recovery intervention.

Table 2. Participant characteristics

	Age (y)	Stature (m)	Body Mass (kg)	Lean Mass (kg)	Strength Ratio (4RM/Lean Mass)
Sham	26 ± 5	1.8 ± 0.1	93.9 ± 16.6	70.1 ± 8.8	2.2 ± 0.4
CWI	26 ± 6	1.7 ± 0.1	74.8 ± 8.3	56.8 ± 6.5	2.4 ± 0.6

Table 3. Absolute values (mean \pm SD) for all physiological and performance variables

	Intervention	Baseline	Mid	Post
Lean mass (kg)	Sham	70.12 \pm 8.8	70.31 \pm 8.5	70.16 \pm 9.3
	CWI	55.37 \pm 6.5	56.97 \pm 6.2	56.29 \pm 6.1
Pennation Angle ($^{\circ}$)	Sham	20.7 \pm 2.2	23.7 \pm 2.7	25.1 \pm 2.5
	CWI	18.0 \pm 2.7	20.0 \pm 3.4	20.0 \pm 3.2
RSI	Sham	1.66 \pm 0.55	1.83 \pm 0.35	1.82 \pm 0.39
	CWI	1.73 \pm 0.38	1.97 \pm 0.42	1.93 \pm 0.17
ISO PF (N)	Sham	1695.2 \pm 310.3	1787.3 \pm 291.4	1956.1 \pm 316.4
	CWI	1635.1 \pm 598.3	1761.9 \pm 568.1	1831.9 \pm 498.4
RFD 50-100 (N \cdot s $^{-1}$)	Sham	5621.9 \pm 2361.9	5495.18 \pm 1735.8	6643.3 \pm 2576.0
	CWI	4241.9 \pm 2119.7	5397.3 \pm 2064.8	5623.9 \pm 2258.7
RFD 100-200 (N \cdot s $^{-1}$)	Sham	5078.5 \pm 1527.2	4938.5 \pm 751.3	5907.5 \pm 1750.9
	CWI	4172.9 \pm 2119.2	4305.8 \pm 1806.9	4533.0 \pm 1316.1
$\frac{1}{4}$ squat 4RM (kg)	Sham	163.3 \pm 42.3	185.0 \pm 45.1	191.7 \pm 36.6
	CWI	142.1 \pm 37.2	167.14 \pm 44.9	170.0 \pm 40.3

RSI, Reactive Strength Index; ISO PF, Isometric Peak Force; RFD 50-100, Rate of Force Development from 50-100 ms; RFD 100-200, Rate of Force Development from 100-200 ms; $\frac{1}{4}$ squat 4RM, $\frac{1}{4}$ squat 4-Repetition Maximum; CWI, Cold Water Immersion.