

TABLES

Table 1. Hamstring activity levels and activity shares following the sprint protocol

	Activity level (%)		Activity share (%)	
	Mean (SD)	95% CI	Mean (SD)	95% CI
ST	16.6 (9.9)	13.1–20.1	34.7 (10.8)	30.5–38.6
SM	7.3 (4.5) *	5.7–9.1	17.6 (8.6) *	14.5–21.1
BFL	11.1 (4.9) *†	9.2–13.1	25.2 (6.4) *†	22.8–27.7
BFS	9.9 (5.2) *	8.0–11.9	22.4 (11.8) *	18.6–26.3

Values are presented as means and standard deviations (SD). Asterisks indicate a significant difference (adjusted $P < 0.05$ for multiple comparison) from the semitendinosus (ST) in activity level or activity share. Daggers indicate a significant difference (adjusted $P < 0.05$) from the semimembranosus (SM) in each measure. Abbreviations: CI, confidence interval; BFL, biceps femoris long head; BFS, biceps femoris short head.

Table 2. Correlations between hamstring activity measures and sprint performance variables

	100-m seasonal best time		60-m sprint time	
	<i>r</i>	<i>P</i>	<i>r</i>	<i>P</i>
Activity level (%)				
ST	0.110	0.593	−0.043	0.836
SM	0.035	0.863	−0.141	0.493
BFL	−0.047	0.819	0.072	0.726
BFS	−0.208	0.307	−0.014	0.947
Activity share (%)				
ST	0.185	0.366	−0.185	0.366
SM	0.130	0.527	0.298	0.139
BFL	−0.003	0.990	0.097	0.636
BFS	−0.320	0.111	−0.123	0.550

The 60-m sprint time was defined as the fastest of the three maximal sprint trials performed during the sprint protocol.