

# Non-Concurrent Rehabilitation

## Resources



### Reading:

Coffey & Hawley (2017). Concurrent exercise training: do opposites distract? J Physiol 595.9 pp 2883–2896

**LINK:** <https://physoc.onlinelibrary.wiley.com/doi/full/10.1113/JP272270>

Bailey et al. (2014). Improvement of Outcomes With Nonconcurrent Strength and Cardiovascular-Endurance Rehabilitation Conditioning After ACL Surgery to the Knee. J Sport Rehab. 23, 235-243

**LINK:** <https://pubmed.ncbi.nlm.nih.gov/28670114/>

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### Selected References

Wilson et al. (2012). Concurrent training: a meta-analysis examining interference of aerobic and resistance exercises. *J Strength Cond Res* 26, 2293–2307

**LINK:**  
Research  
Gate

[https://www.researchgate.net/publication/51719597\\_Concurrent\\_Training\\_A\\_Meta-Analysis\\_Examining\\_Interference\\_of\\_Aerobic\\_and\\_Resistance\\_Exercises](https://www.researchgate.net/publication/51719597_Concurrent_Training_A_Meta-Analysis_Examining_Interference_of_Aerobic_and_Resistance_Exercises)

Sale et al (1990). Comparison of two regimens of concurrent strength and endurance training. *Med Sci Sports Exerc* 22(3):348-56

Jones et al (2013). Performance and Neuromuscular Adaptations Following Differing Ratios of Concurrent Strength and Endurance Training. *J Strength Cond Res.* 27(12): 3342–3351.

**LINK:**  
Research  
Gate

[https://www.researchgate.net/publication/258854453\\_Performance\\_and\\_Neuromuscular\\_Adaptations\\_Following\\_Differing\\_Ratios\\_of\\_Concurrent\\_Strength\\_and\\_Endurance\\_Training](https://www.researchgate.net/publication/258854453_Performance_and_Neuromuscular_Adaptations_Following_Differing_Ratios_of_Concurrent_Strength_and_Endurance_Training)

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## Further reading

Eddens et al. (2018). The Role of Intra-Session Exercise Sequence in the Interference Effect: A Systematic Review with Meta-Analysis. *Sports Med* 46(6).

**LINK:**  
Research  
Gate

[https://www.researchgate.net/publication/319856531\\_The\\_Role\\_of\\_Intra-Session\\_Exercise\\_Sequence\\_in\\_the\\_Interference\\_Effect\\_A\\_Systematic\\_Review\\_with\\_Meta-Analysis](https://www.researchgate.net/publication/319856531_The_Role_of_Intra-Session_Exercise_Sequence_in_the_Interference_Effect_A_Systematic_Review_with_Meta-Analysis)

Lee MJ et al (2020). Order of same-day concurrent training influences some indices of power development, but not strength, lean mass, or aerobic fitness in healthy, moderately-active men after 9 weeks of training. *PLoS One*. 15(5): e0233134

**LINK:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7224562/>

Patrick et al. (2019). The Moderating Role of Recovery Durations in High-Intensity Interval-Training Protocols. *Int J Sports Physiol Perform* 1;14(6):859–867.

**LINK:** Abst: <https://pubmed.ncbi.nlm.nih.gov/31146621/>