

Table 1: Physical and training characteristics of the 11 adolescent male and 13 female volleyball players who underwent maximal exercise treadmill test.

	Total (n =24)	Males (n =11)	Females (n =13)	P
Age (years)	14.95 ± 0.62	15.18 ± 0.75	14.77 ± 0.44	0.108
Height (cm)	172.75 ± 5.67	174.36 ± 6.55	171.38 ± 4.65	0.207
Weight (cm)	62.08 ± 7.18	64.45 ± 8.80	60.07 ± 4.99	0.140
BSA (m²)	1.73 ± 0.12	1.78 ± 0.14	1.70 ± 0.08	0.144
Years of training	4.41 ± 1.24	3.33 ± 1.53	4.78 ± 0.97	0.078
Training sessions/wk	5.50 ± 0.74	5.55 ± 0.89	5.46 ± 0.66	0.777
Training mins/wk	115.50 ± 21.81	108.75 ± 20.83	120.00 ± 22.16	0.270
HR_{rest} (beats/min)	71.83 ± 10.62	72.55 ± 13.66	71.23 ± 7.75	0.770
sBP_{rest} (mmHg)	114.58 ± 7.77	119.09 ± 7.35	110.77 ± 10.17	0.034
dBp_{rest} (mmHg)	70.42 ± 4.40	71.36 ± 5.05	69.62 ± 3.80	0.344

Values are expressed as mean ± standard deviation. n: number, BSA: body surface area, HR_{rest}: heart rate at rest, sBP_{rest}: systolic blood pressure at rest, dBp_{rest}: diastolic blood pressure at rest.