

Correction to: Principles of Exercise Prescription, and How They Influence Exercise-Induced Changes of Transcription Factors and Other Regulators of Mitochondrial Biogenesis

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Correction to: Sports Med

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Section 3, paragraph 3, sentence 1: The following sentence, which previously read:

“The recommended test to determine \dot{W}_{\max} (and the maximum rate of oxygen consumption $\dot{V}O_{2\max}$) is a short (8–12 min) incremental exercise test (IET), where exercise intensity is increased continuously (e.g., 1 week every 2 s) or stepwise (e.g., 30 week every 1 min) [55] (Fig. 1).”

Should read:

“The recommended test to determine \dot{W}_{\max} (and the maximum rate of oxygen consumption $\dot{V}O_{2\max}$) is a short (8–12 min) incremental exercise test (IET), where exercise intensity is increased continuously (e.g., 1 W every 2 s) or stepwise (e.g., 30 W every 1 min) [55] (Fig. 1).”

The original article has been updated.

The original article can be found online at <https://doi.org/10.1007/s40279-018-0894-4>.

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