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Final accepted version (with author's formatting)

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**Performance tests:**  
CMJ  
VEL 20-m  
Zigzag  
PP JS

HOPL: 6 series of 6 repetitions of JS using a load corresponding to the OPL +20%

LOPL: 6 series of 6 repetitions of JS using a load corresponding to the OPL -20%

**12 power training sessions in 4 weeks**

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