

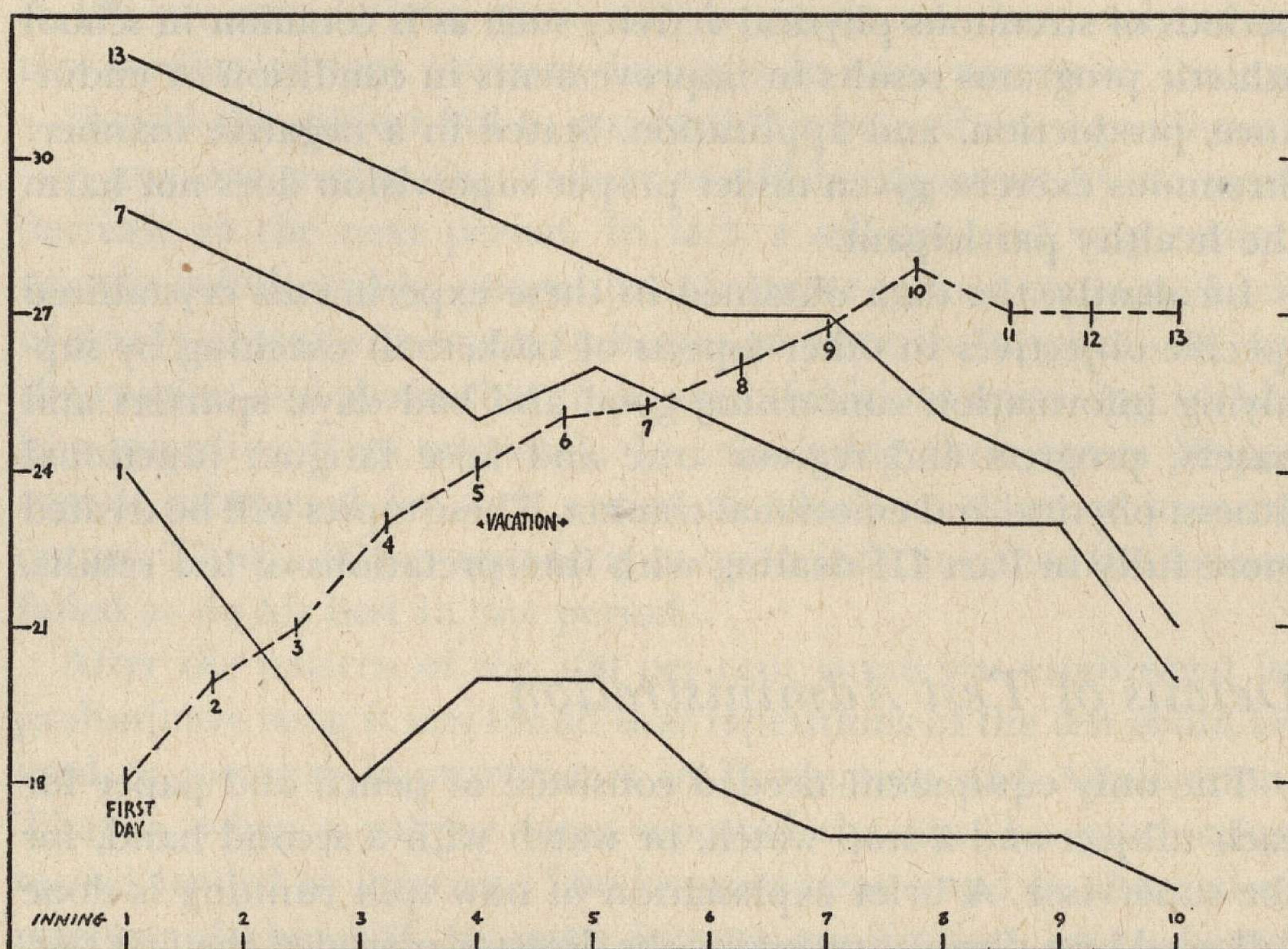


Figure 1. Three Fatigue Curves of One Individual and One Individual's Curve of Improvement for Thirteen Weeks.

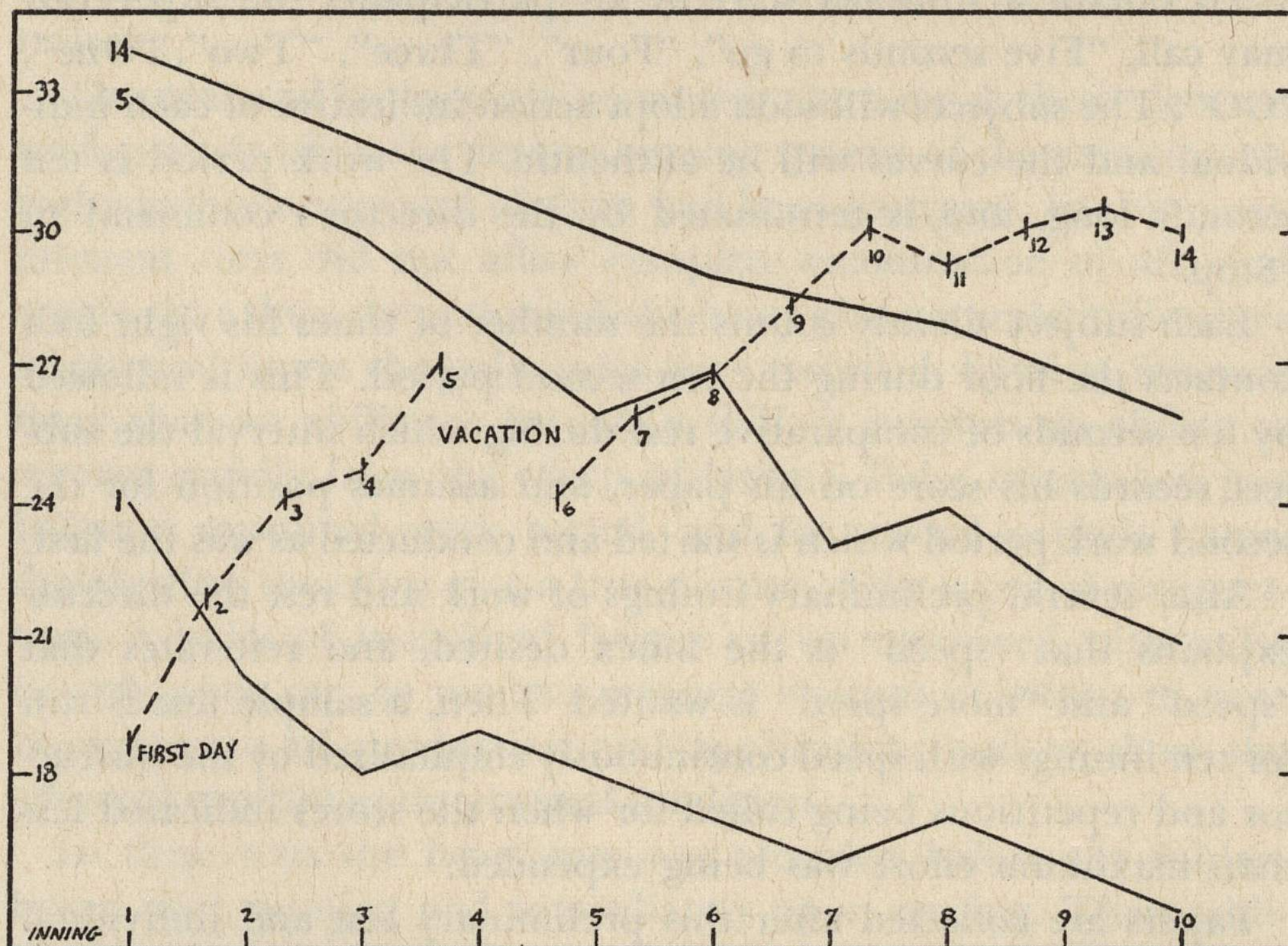


Figure 2. Three Average Fatigue Curves of the Same Athletic Group and One Curve of Improvement of the Group for Fourteen Weeks.