TABLE 2. The observed variations in performance characteristics of an elite intercounty Gaelic football squad across the season, categorized by position.* †

	Full-back			Half-back			Midfield		
	November	January	March	November	January	March	November	January	March
5 m (s)	1.18 6 0.08	1.07 6 0.08	1.09 6 0.08 z	1.12 6 0.08	1.05 6 0.08	1.05 6 0.04 z	1.18 6 0.06§	1.13 6 0.07	1.10 6 0.03
10 m (s)	1.83 6 0.10	1.80 6 0.12	1.78 6 0.13	1.82 6 0.06	1.77 6 0.05	1.76 6 0.06	1.87 6 0.06§	1.83 6 0.06	1.83 6 0.10
20 m (s)	3.06 6 0.16	3.02 6 0.19	3.04 6 0.17	3.08 6 0.09	3.05 6 0.10	3.04 6 0.10	3.19 6 0.08§	3.14 6 0.06§	3.14 6 0.08
SJ (cm)	31.6 6 3.7§	31.9 6 3.4§	34.4 6 3.3 z§	35.4 6 5.6	37.1 6 5.1	38.5 6 4.8 z	30.3 6 3.8§	32.8 6 3.2§	34.9 6 3.4 z§
CMJ (cm)	33.2 6 3.4§	33.1 6 3.6§	36 6 3.7§	36.2 6 5.7	38.5 6 5.5	40.3 6 4.3	31.5 6 4.1§	34.2 6 3.4§	36.2 6 3.5§
CMJ_{peak} (w)	3,819 6 469§	3,833 6 487§	4,023 6 481§	4,303 6 704	4,331 6 715	4,445 6 674	3,685 6 525§	3,869 6 479§	4,013 6 364§
1RM DL (kg)	145.8 6 10	152.8 6 10.4	160.6 6 15.6 z	146.0 6 16.7	153.5 6 16.7	162.8 6 17.7 z	132.8 6 17.9§	142.6 6 18.8§	152.8 6 18.2 z§
1RM BP (kg)	110 6 15.4§	111 6 15.2§	112 6 15.2§	97.5 6 22.0§	102.5 6 18.4§	105.8 6 19.1§	102 6 9.8§	105.0 6 10.8§	108 6 10.4§
Yo-Yo IR2 distance (m)	1,024 6 61	1,224 6 137	1,424 6 209	1,210 6 248	1,433 6 193	1,580 6 305	1,384 6 281	1,544 6 236	1,792 6 175

	Half-forward			Full-forward		
	November	January	March	November	January	March
5 m (s)	1.14 6 0.12	1.06 6 0.12	1.06 6 0.10	1.3 6 0.54	1.07 6 0.06	1.06 6 0.06 z
10 m (s)	1.82 6 0.07	1.78 6 0.10	1.77 6 0.10	1.86 6 0.08	1.82 6 0.11	1.76 6 0.08 z
20 m (s)	3.08 6 0.13	3.04 6 0.17	3.00 6 0.17	3.07 6 0.09	3.04 6 0.10	3.03 6 0.10 z
SJ (cm)	36.7 6 4.2	36.3 6 4.2	38.8 6 5.3	34 6 6.0	36.2 6 6.4	38.4 6 6.9 z
CMJ (cm)	38.3 6 4.1	39.6 6 4.4	40.1 6 6.0	36.4 6 5.4	37.4 6 6.2	39.9 6 6.9
CMJ_{peak} (w)	3,931 6 468	4,027 6 437	4,051 6 473	3,925 6 343	4,096 6 389	4,241 6 375
1RM DL (kg)	132.8 6 4.6	147.4 6 4.2	157.2 6 6.7 z	139.8 6 15.1	151.8 6 12	159.6 6 13.9 z
1RM BP (kg)	88.0 6 5.7§	91.5 6 3.8§	92.5 6 5.6§	81.0 6 8.94§	85.0 6 7.1§	87.5 6 8.3§
Yo-Yo IR2 distance (m)	1,432 6 422	1,632 6 323	1,840 6 335	816 6 159§	1,048 6 147	1,200 6 202 z§

*1RM BP = 1 repetition maximum bench press; 1RM DL = 1 repetition maximum deadlift; CMJ = countermovement jump; CMJ_{peak} = countermovement jump peak power; SJ = squat jump; Yo-Yo IR2 = Yo-Yo intermittent recovery test 2.

†Data are reported as mean 6 SD.

zSignificant difference (p # 0.05) from November.

§Significant difference (p # 0.05) for position.