

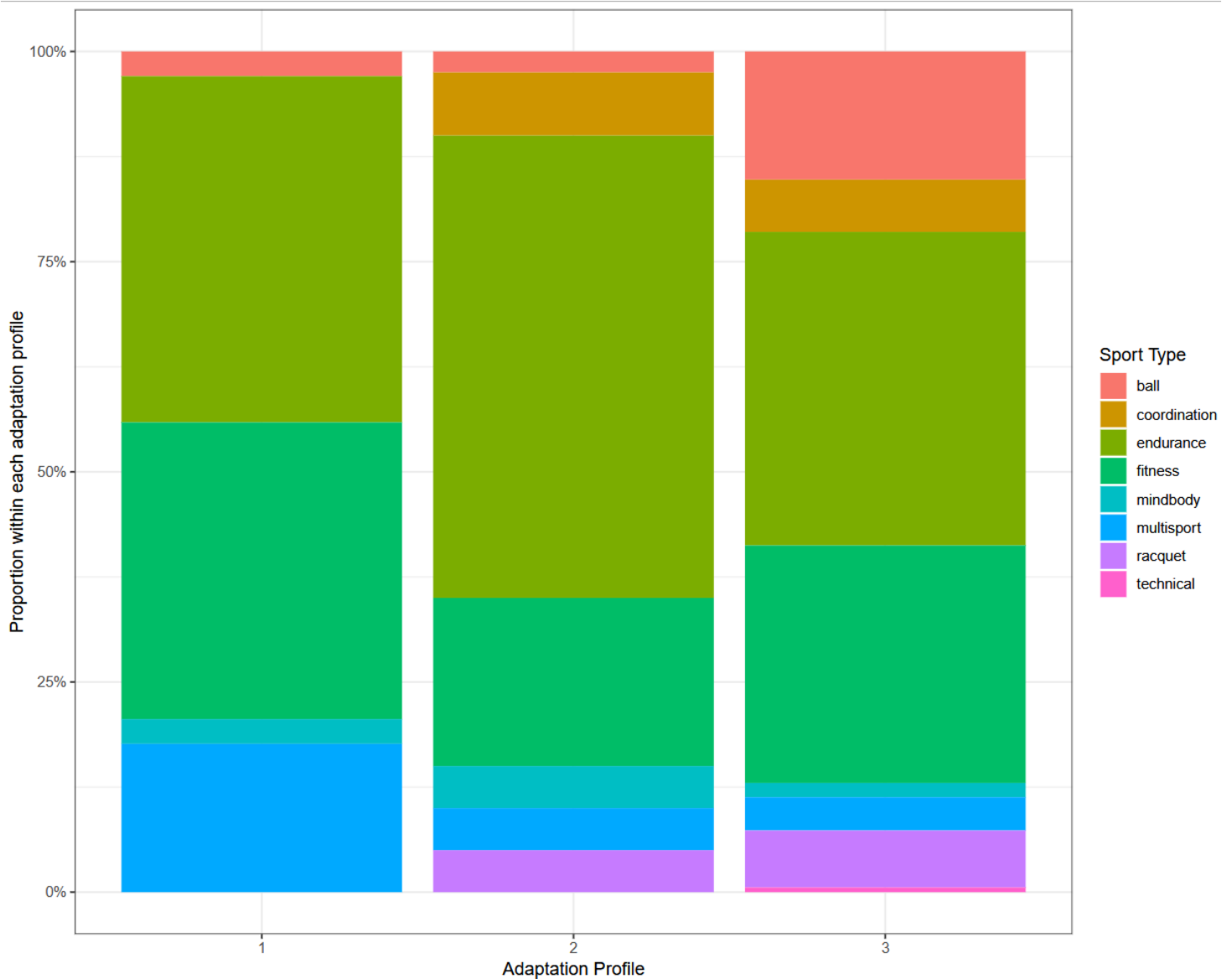


Figure 1.

Proportion of main sport types by adaptation profile. Colors map to sport types (ball, coordination, endurance, fitness, mind-body, multisport, racquet, technical). Profile 1 (Increasers; n = 34), Profile 2 (Decreasers; n = 40), Profile 3 (Maintainers; n = 177).