

Table 1. Repeated-sprint training programs.

Week	
	STR
1 (Sessions 1-3)	3 sets of 7 x 30-m sprints with 20 s and 4 minutes recovery between sprints and sets respectively
2 (Session 4-6)	4 sets of 7 x 30-m sprints with 20 s and 4 minutes recovery between sprints and sets respectively
	CoD
1 (Sessions 1-3)	3 sets of 7 x 20-m shuttle sprints with 20 s and 4 minutes recovery between sprints and sets respectively – 1 x 180 degree turn per sprint at 10 m
2 (Sessions 4-6)	4 sets of 7 x 20-m shuttle sprints with 20 s and 4 minutes recovery between sprints and sets respectively – 1 x 180 degree turn per sprint at 10 m

All sessions were completed on an outdoor soccer pitch.

Abbreviations STR, straight-line; CoD, change of direction

Table 2. Between groups differences in measures of internal and external training load; mean \pm SD

Training data	STR	CoD	Difference between groups (CoD-STR) (% ; 90% CL)
Max Velocity (km.h ⁻¹)	27.7 \pm 1.5	19.8 \pm 1.3	-28.7; \pm 3.3 Large**
Player Load	33.9 \pm 4.8	28.0 \pm 2.9	-17.6%; \pm 8.6% Moderate**
HR _{max} (%)	92.1 \pm 4.6	89.1 \pm 11.0	-3.0; \pm 1.6 Small**
HR _{mean} (%)	82.8 \pm 4.1	75.8 \pm 9.1	-7.0; \pm 1.4 Moderate**

*25-75%, possibly; ** 75-95%, likely

Abbreviations STR, straight-line; CoD, change of direction; HR_{max}, peak heart rate; HR_{mean}, mean heart rate

Table 3. Outcome measures at baseline with effect statistics and qualitative inferences for the within- and between-group comparisons.

Outcome measure	STR (n = 8)			CoD (n = 7)			Group comparison	
	Baseline values (mean ± SD)	Change score (% mean ± SD; ±90% CL)	Qualitative inference	Baseline values (mean ± SD)	Change score (% mean ± SD; ±90% CL)	Qualitative inference	Difference between groups (CoD-STR) (% mean; ±90% CL)	Qualitative inference
5-m (s)	1.00 ± 0.06	-9.6 ± 11.6; ±7.0	Large +ve*	1.02 ± 0.05	-9.4 ± 5.0; ±3.3	Large +ve***	-0.9; ±6.7	Unclear
10-m(s)	1.73 ± 0.07	-6.6 ± 7.4 ; ±4.6	Large +ve**	1.75 ± 0.05	-6.7 ± 3.2; ±2.2	Large +ve***	0.1 ; ±3.0	Unclear
20-m (s)	2.96 ± 0.10	-3.6 ± 6.1; ±4.0	Large +ve*	3.03 ± 0.07	-4.0 ± 2.4; ±1.7	Large +ve**	-1.1; ±2.4	Unclear
YYIRTL1 (m)	1830 ± 274	24.0 ±11.0; ± 9.3	Large +ve**	1691 ± 600	31.0 ± 7.8; ±7.5	Moderate +ve**	-3.9; ±6.8	Unclear
Agility (s)	15.20 ± 0.52	0.2 ± 4.6; ±3.1	Unclear	15.55 ± 0.48	-1.6 ± 3.7; ±2.7	Unclear	-1.0; ±2.8	Unclear
CMJ (cm)	41.9 ± 3.8	1.5 ± 12.1; ± 8.3	Unclear	36.6 ± 4.4	1.8 ± 5.9; ±4.4	Unclear	0.3; ±6.8	Unclear

Within-group comparison: +ve, beneficial (positive) effect; Effect *25-75%, possibly;**75-95%, likely;***95-99.5%, very likely **Abbreviations:** YYIRTL1, YoYo intermittent recovery test level 1; CMJ, Countermovement jump; SD, standard deviation; CL = confidence limits;