Articles identified for full screening through title and abstract screen: (n = 1,353)

Articles for full screening following the removal of duplicates (n = 82)

Manuscript review and application of inclusion criteria (n = 100)

Included for full analysis (n = 13)

- Studies included in meta-analysis of counter-movement jump (n = 6)
- Studies included in meta-analysis of 10 m sprint performance (n = 8)
- Studies included in meta-analysis of 20 m sprint performance (n = 4)
- Studies included in meta-analysis of 30 m sprint performance (n = 2)
- Studies included in meta-analysis of repeated-sprint ability performance (n = 8)
- Studies included in meta-analysis of high-intensity intermittent running performance (n = 3)

Records identified through literature search (n = 16,752)

Full-text articles excluded, with reasons (n = 87):
- Altitude intervention (n = 1)
- Participant group not suitable (n = 2)
- Outcome measures not field-based (n = 7)
- Not in English (n = 2)
- Did not fit repeated-sprint training definition (n = 47)
- Concurrent training intervention (n = 15)
- Not a training study (n = 4)
- Intervention period too long (n = 4)
- Abstract only (n = 1)
- Duplicate data (n = 1)
- Outcome measure not suitable for inclusion in meta-analysis (n = 3)

Additional records identified from other sources: (n = 18)