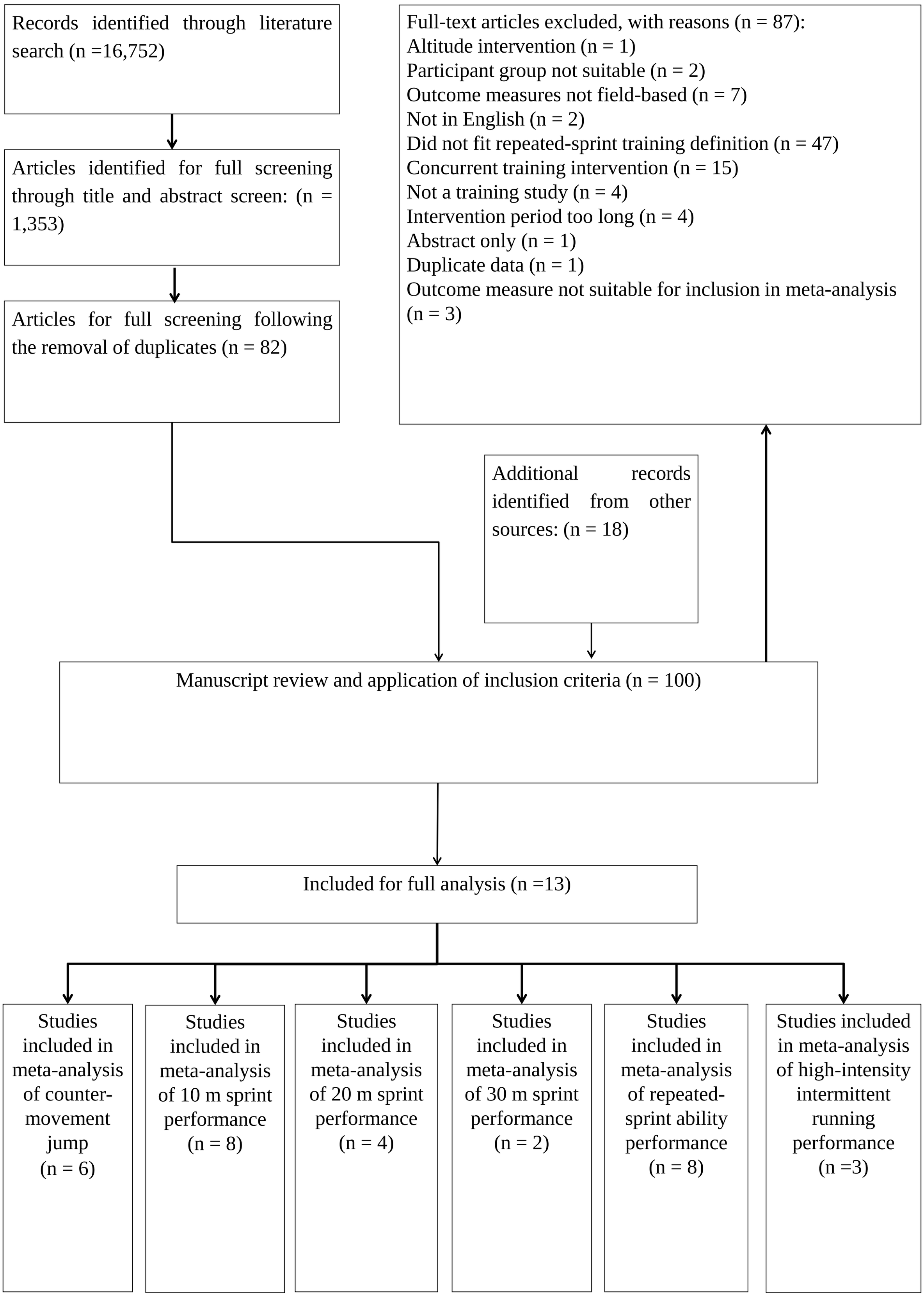
Records identified through literature search (n =16,752)
Articles identified for full screening through title and abstract screen: (n = 1,353)
Articles for full screening following the removal of duplicates (n = 82)
Full-text articles excluded, with reasons (n = 87):
Altitude intervention (n = 1)
Participant 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)
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)