

## **The Effects of Repeated-Sprint Training on Field-Based Fitness Measures: A Meta-Analysis of Controlled and Non-Controlled Trials**

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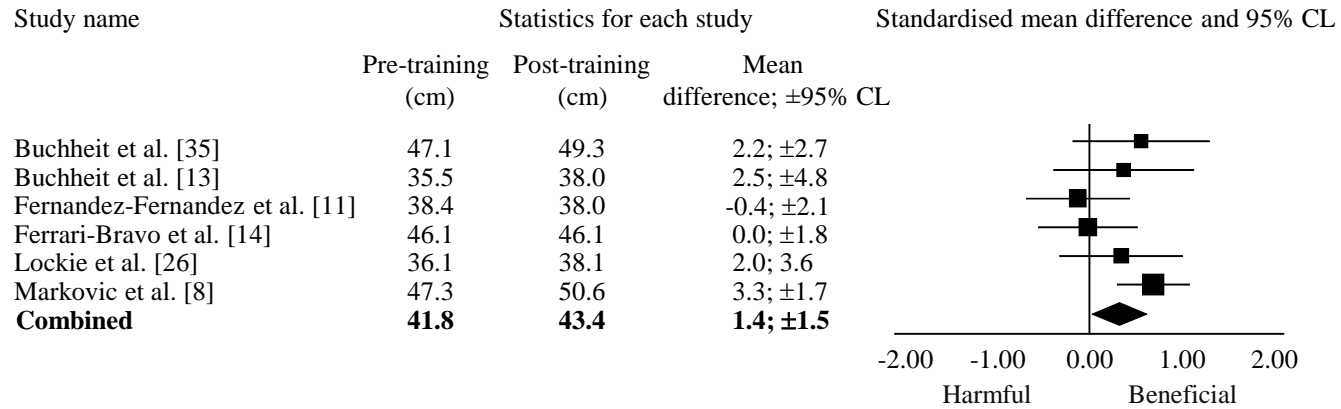


Figure 2. Effects of repeated-sprint training on counter-movement jump performance in non-controlled trials. CL confidence limits

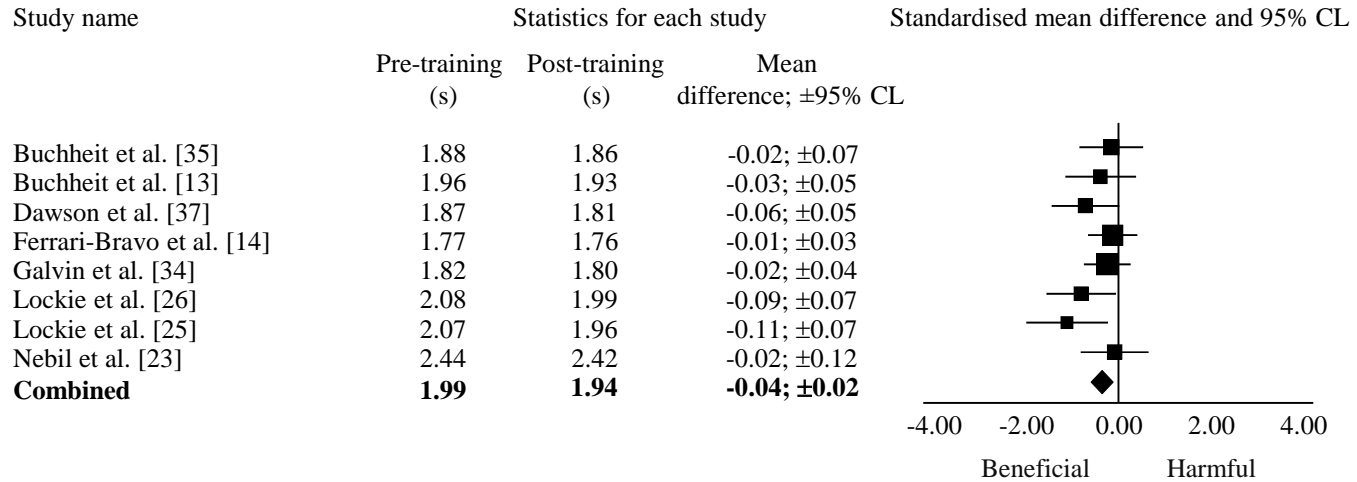


Figure 3. Effects of repeated-sprint training on 10 m sprint performance in non-controlled trials. CL confidence limits

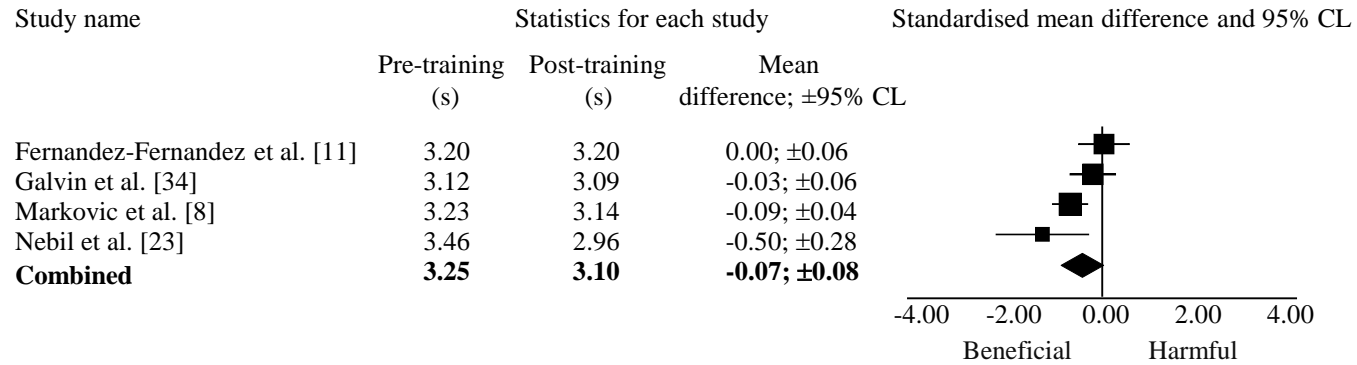


Figure 4. Effects of repeated-sprint training on 20 m sprint performance in non-controlled trials. CL confidence limits

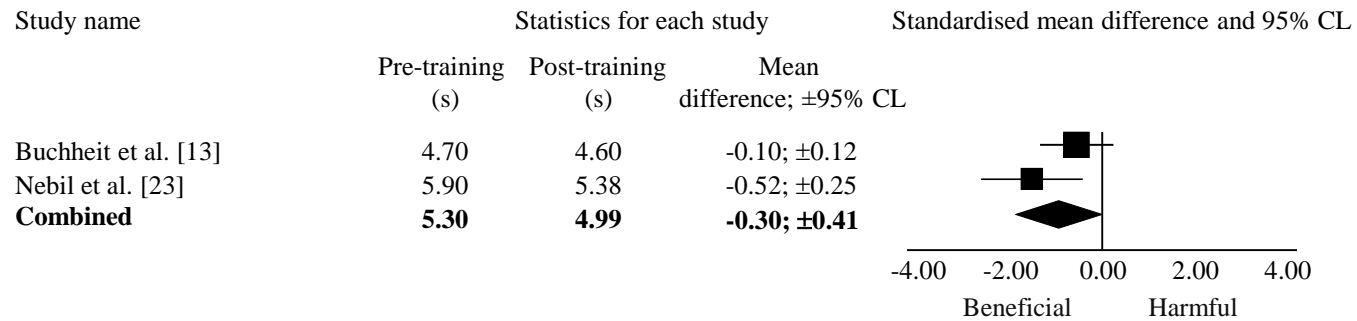


Figure 5. Effects of repeated-sprint training on 30 m sprint performance in non-controlled trials. CL confidence limits

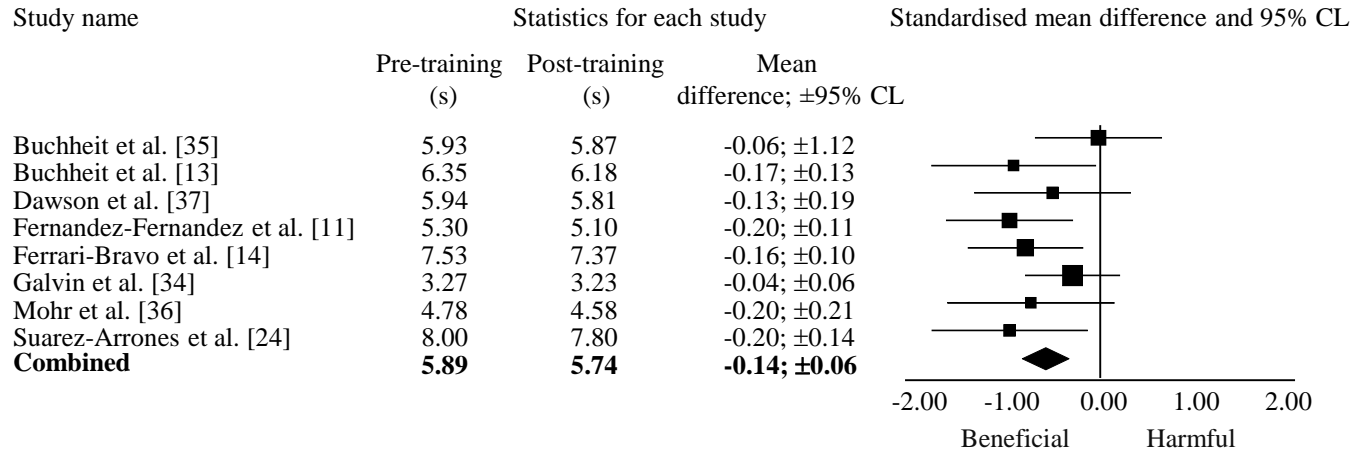


Figure 6. Effects of repeated-sprint training on repeated-sprint ability in non-controlled trials. CL confidence limits

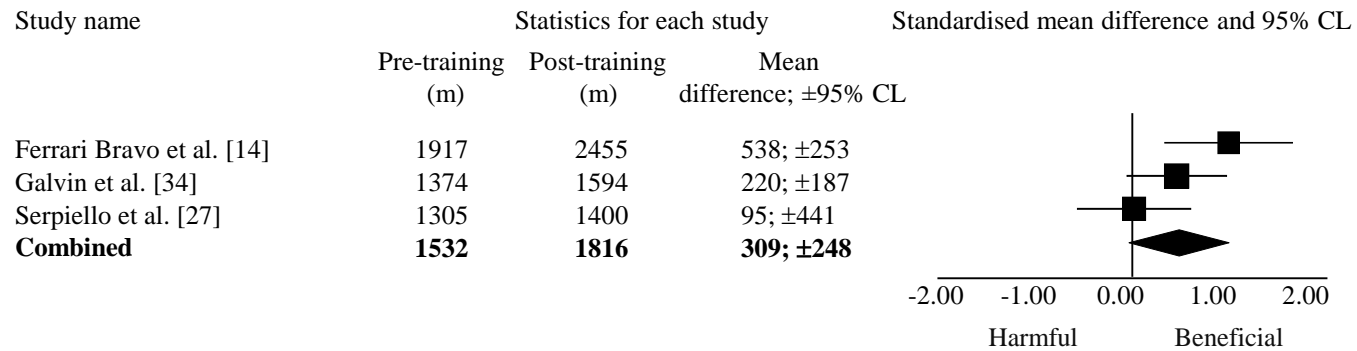


Figure 7. Effects of repeated-sprint training on high-intensity intermittent running performance in non-controlled trials. CL confidence limits