Table S2: Complementary data from the forest plot (figure 2) of performance recovery.

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| --- | --- | --- |
| Study or Subgroup | Weight | Std. Mean Difference  IV, Fixed, 95% CI |
| Arriel 2018 IT | 17.7% | -1.01 [-1.81, -0.22] |
| Beaven 2012 SJ | 4.9% | -1.51 [-3.01, -0.01] |
| Beaven 2012 Sprint 10 | 5.6% | -0.35 [-1.75, 1.06] |
| Beaven 2012 Sprint 40 | 5.7% | -0.30 [-1.70, 1.10] |
| Daab 2020 CMJ | 0.9% | -3.33 [-6.92, 0.26] |
| Daab 2020 MD | 0.4% | -5.16 [-10.40, 0.07] |
| Daab 2020 SJ | 1.2% | -2.76 [-5.86, 0.35] |
| Daab 2020 Sprint | 1.3% | -2.53 [-5.44, 0.39] |
| Northey 2016 CMJ | 5.8% | -0.16 [-1.55, 1.23] |
| Northey 2016 MD | 5.2% | 0.67 [-0.79, 2.13] |
| Northey 2016 SJ | 5.8% | 0.06 [-1.33, 1.45] |
| Page 2017 CMJ | 5.6% | -0.41 [-1.83, 1.00] |
| Page 2017 MD | 5.3% | -0.64 [-2.09, 0.82] |
| Williams 2018 CMJ | 34.7% | -0.16 [-0.72, 0.41] |
| Total (95% CI) | **100.0%** | **-0.49 [-0.82, -0.15]** |

IT = incremental test; SJ = squat jump; Sprint 10 = 10 meters sprint times over the 6 repeated sprints; sprint 40 = 40 meters sprint times over the 6 repeated sprints; CMJ = countermovement jump; MD = muscle dynamometry; Sprint = 20 meters sprint.