

**SUPPLEMENTARY TABLE 2. Summary of physical performance recovery in studies**

Study	Physical performance markers measured	Physical performance markers recovered	Physical performance markers not recovered	Physical performance markers not affected during training	Recovery measured for
Conkright et al. 2020	8	2	4 <sup>a</sup>	2	6 weeks
Hamarsland et al. 2018	3	2	1	0	2 weeks
Nindl et al. 1997	3	3	0	0	5 weeks
Vikmoen et al. 2020	3	2	1	0	2 weeks

Note: “physical performance markers measured” includes only markers and studies of which data was reported also during recovery. Therefore, study by Szivak et al. (2018) is not included here due to missing recovery data on physical performance measures. Note: if a marker was increased over pre values at recovery after being decreased compared to pre during training, it was considered recovered. Or, if a marker was decreased during training, but increased compared to pre at recovery point, it was also considered recovered).

<sup>a</sup>= 300yd run time only increased at recovery point, not at post-measurement, therefore can’t be counted as recovered or not. Categorized here to not be recovered.