

# Physiological and Performance Adaptations to Interval Training in Endurance-Trained Cyclists: An Exploratory Systematic Review and Meta-Analysis

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## **Electronic Supplementary Material**

All data supporting the results in this manuscript are available within the results section, the cited articles, or the Electronic Supplementary Material. The R code used to conduct the analyses is openly available and can be accessed at <https://osf.io/k97th/>.