

**Table 1** Results of all parameters analyzed during RSA1, RSA2 and RSA3.

Variables		RSA1	RSA2	RSA3	$\Delta\%$		
					RSA1/RSA2	RSA2/RSA3	RSA1/RSA3
<b>Best Time (BT)</b>	(s)	6.97 (0.12)	7.00 (0.14)	7.03 (0.15)	0.40%	0.46%	0.86%
<b>Worst Time (WT)</b>	(s)	7.62 (0.25)	7.47 (0.11)	7.69 (0.17)	1.90%*	2.93%*	0.97%
<b>Total Time (TT)</b>	(s)	43.76 (0.90)	43.35 (0.64)	44.08 (0.75)	0.93%*	1.68%*	0.73%
<b>Fatigue Index (FI)</b>	(%)	4.61 (1.50)	3.20 (1.24)	4.48 (1.09)	30.64%*	40.15%*	2.80%
<b>Blood Lactate (Bla)</b>	(mmol·L <sup>-1</sup> )	11.61 (2.20)	13.58 (2.35)	11.58 (2.13)	16.97%*	14.73%*	0.26%

RSA: Repeated Sprint Ability, values are mean (SD). \*Significant values (p<0.05).