

Supplementary Information 1 Examples for endurance, hybrid, and speed profile

**Assessing Anaerobic Speed Reserve: A Systematic Review on the Validity and Reliability of Methods to Determine
Maximal Aerobic Speed and Maximal Sprinting Speed in Running-based Sports**

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Systematic Review

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Supplementary Information 1 Examples for endurance, hybrid, and speed profile according to Sandford et al. [1].
MAS Maximal Aerobic Speed, MSS Maximal Sprinting Speed, ASR Anaerobic Speed Reserve

