

**Table S1:** Research to date involving the delivery of dietary inorganic nitrate supplementation and high-intensity, aerobic-type exercise.

Study	Participants	Exercise	Timing of Supplementation	Supplementation	Results
<b>Repeat Sprints</b>					
Kent et al. 2018	Trained, team-sport athletes (male; n=12)	Cycling, repeat sprints (9 x 4s) at sea level or 3000 meter simulated altitude	120 min prior to exercise	13.0 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice	No effect on peak or mean power output; reduced V <sub>O2</sub> during submaximal warm-up
Muggeridge et al. 2017	Trained male kayakers (male; n=8)	Kayak ergometer repeat sprints 5 x 10 sec, 50 sec of rest	180 min prior to exercise	5.0 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice	Increase average power output
Aucouturier et al. 2015	Recreationally trained, team sport players (male; n=12)	Cycle ergometer repeat 15 sec sprints with 30 sec rest until exhaustion; 170% of maximum aerobic capacity	180 min prior to exercise	10.9 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice	Increase repetitions and total workload
Buck et al. 2015	Amateur, team sport players (female, n=13)	6 x 20 meter, repeated sprints performed 3 times (start, half-time, and end) of a simulated team game circuit	3 hours prior to exercise	6.0 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice (placebo added)	No improvements in total sprint times
Thompson et al. 2017	Recreationally trained, team sports players (male; n=16)	2 sets of cycle ergometer sprints; 5 sets of 6 sec sprints with 14 sec rest ; occurred MID and POST-	7 days	12.8 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice	Work volume increase at MID & work volume increase at POST;

		simulated team-sport matches			increase in work volume for entire session
Clifford et al. 2016	Competition trained, team sport players (male, n=20)	2 sets of RST; 20 x 30 m sprints w/ 30 sec rest	150 min prior	11.4 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice	No effect on mean or average sprint times
Martin et al. 2014	Recreationally-trained, team sport players (male; n=16)	Cycle ergometer repeat 8 sec sprints with 30 sec rest until exhaustion	120 min prior to exercise	6.4 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice	Decreased total number of repetitions and decreased total work
Wylie et al. 2013	Recreationally trained, team sport players (male, n=10)	Cycle ergometer, repeat sprints; 1:4 ratio 24 x [6 sec sprint; 24 sec rest]  1:8 ratio 7 x [30 sec sprint; 4 min rest]  1:1 ratio 6 x [60 sec sprint x 60 sec rest]	5 days	8.4 mmol NO <sub>3</sub> <sup>-</sup> delivered as beet root juice	Improved mean average power and improved mean peak power for 1:4 ratio sprints