**Appendix A** Search strategy

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| Databases | Search strategy | Result |
| Scopus | #1: Title-Abs-Key ("Interval " or "Intermittent")#2: Title-Abs-Key ("Training" or "Train" or "Exercise")#3: Title-Abs-Key ("cTn" or "Troponin")#4: #1 and #2 and #3Limiters - Published Date: 20100101-20220623 | 942,0081,324,94343,973249 |
| Pubmed | #1: [Title/Abstract] "Interval " or "Intermittent" #2: [Title/Abstract] "Training" or "Train" or "Exercise"#3: [Title/Abstract] "cTn" or "Troponin" #4: #1 and #2 and #3Filters: Publication date from 2010/01/01 to 2022/6/23 | 476,274464,91820,394101 |
| Web of Science | #1: TOPIC: ("Interval " or "Intermittent")#2: TOPIC: ("Training" or "Train" or "Exercise")#3: TOPIC: ("cTn" or "Troponin")#4: #1 and #2 and #3 Refined by: PUBLICATION YEARS: (20220623-20100101)Indexes=SCI-EXPANDED, SSCI, CCR-EXPANDED, | 650,5201,034,31527,362114 |
| EBSCO | #1: Abstract: ("Interval " or "Intermittent")#2: Abstract: ("Training" or "Train" or "Exercise")#3: Abstract: ("cTn" or "Troponin")#4: #1 and #2 and #3Year: 20100101-20220623 | 835,4621,591,63526,489117 |