

Appendix 1

Figure A1. Strength training program video



QR code to access the full strength training video online

Figure A2. Timeline of occurrence of major overuse injuries

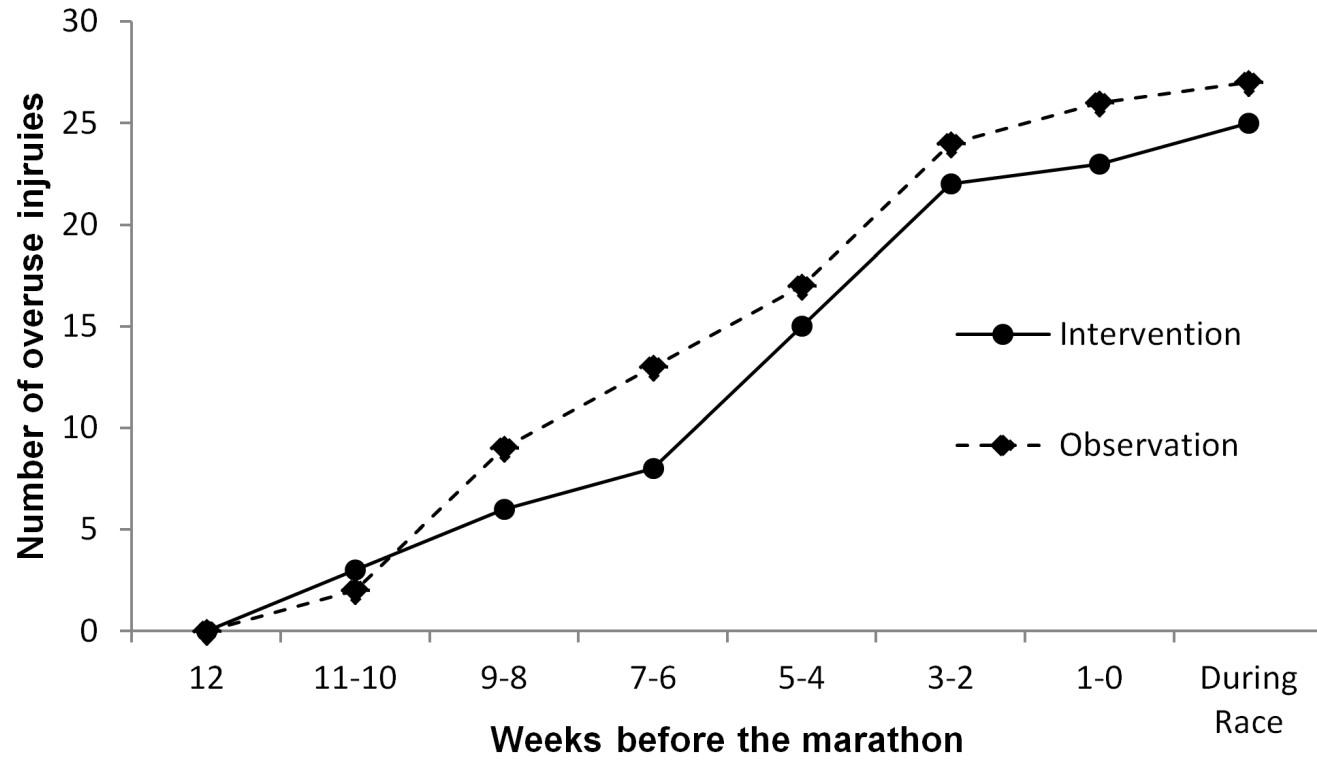


Table A1. Marathon completion and experience

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	All Runners	Observation Group	Strength Training Group
Started marathon	583	310	273
Completed marathon (%)	579 (99.3%)	308 (99.4%)	271 (99.3%)
Average finishing time	4 hrs 59.2 min ± 57.4	4 hrs 57.5 min ± 54.5	5 hrs 1.1 min ± 60.4
Miles walked	1.9 ± 3.2	1.9 ± 3.3	1.8 ± 3.0
Pace compared to goal			
Much faster than goal	9 (1.5%)	2 (0.6%)	7 (2.6%)
Faster than goal	60 (10.3%)	36 (11.6%)	24 (8.8%)
At goal pace	191 (32.8%)	97 (31.3%)	94 (34.4%)
Slower than goal	248 (42.5%)	137 (44.2%)	111 (40.7%)
Much slower than goal	60 (10.3%)	34 (11%)	26 (9.5%)
Did not respond	15 (2.6%)	4 (1.3%)	11 (4%)
Average pain during marathon	3.5 ± 1.6	3.6 ± 1.7	3.4 ± 1.5
Received medical services	18 (3.1%)	12 (3.9%)	6 (2.2%)