

Supplementary Table 2. Comparison Standard Error of Measurement (SEM), Minimum Detectable Changes (MDC), for maximum angles (Max) and range of motion (RoM) of stance phase in sagittal and frontal planes of motion for Knee, and Hip in both run-types.

	<i>Sagittal</i>	SEM	MDC	<i>Frontal</i>	SEM	MDC
Knee Max	HIIT	2.0	5.5	HIIT	3.0	8.3
	MICR	2.0	5.5	MICR	2.7	7.5
Knee RoM	HIIT	1.7	4.7	HIIT	1.6	4.4
	MICR	1.5	4.2	MICR	2.4	6.7
Hip Max	HIIT	2.9	8.0	HIIT	1.8	5.0
	MICR	2.9	8.0	MICR	1.0	2.8
Hip RoM	HIIT	1.9	5.3	HIIT	1.2	3.3
	MICR	1.4	3.9	MICR	2.0	5.5