

Supplementary Table 3. Comparison Standard Error of Measurement (SEM), Minimum Detectable Changes (MDC) for spatiotemporal parameters of stride frequency (SF), stride length (SL) and contact time (CT) in both run-types.

		SEM	MDC
SF	HIIT	2.838	7.866
	MICR	2.271	6.296
SL	HIIT	0.027	0.074
	MICR	0.026	0.073
CT	HIIT	0.008	0.023
	MICR	0.009	0.025