

Supplementary Table 4. Comparison of Intraclass Correlation Coefficients (ICC), Standard Error of Measurement (SEM), Minimum Detectable Changes (MDC), for Continuous Relative Phase Variability (CRPV) and Coupling Angle Variability (CAV) of high intensity interval training (HIIT) and medium intensity continuous run (MICR).

			CRPV			CAV		
			ICC	SEM	MDC	ICC	SEM	MDC
Hip _{flex/ext} - Knee _{flex/ext}	<i>HIIT</i>		0.77	2.5	6.9	0.79	2.8	7.8
	<i>MICR</i>		0.84	3.8	10.5	0.77	2.1	5.8
Hip _{flex/ext} - Knee _{abd/add}	<i>HIIT</i>		0.88	2.6	7.2	0.78	1.7	4.7
	<i>MICR</i>		0.86	4.5	12.5	0.78	1.6	4.4
Hip _{abd/add} - Knee _{flex/ext}	<i>HIIT</i>		0.89	8.4	23.3	0.84	0.9	2.5
	<i>MICR</i>		0.83	7.4	20.5	0.75	0.7	1.9
Hip _{abd/add} - Knee _{abd/add}	<i>HIIT</i>		0.92	3.2	8.9	0.76	1.8	5.0
	<i>MICR</i>		0.86	3.7	10.3	0.83	1.2	3.3