

**Supplementary table 1.** An example of local tissue and sport-specific loading for a runner with Achilles tendinopathy.

	<i>Features of AT</i>	<i>How to address it?</i>	<i>Example</i>	<i>Aim or target</i>	<i>How to quantify it clinically?</i>
<b>Local Tissue Capacity</b>	↓ Tendon stiffness	HSR, isometrics	3 x 8reps x 80%BW or 4 x 45" holds	Recover "normal" tendon stiffness	N/A
	↓ Strength	HSR	3 x 8reps x 80%BW	1.5BW in a 6RM seated calf raise test	6RM test
	↓ Endurance	Endurance sets	Heel raises to endurance	25 SL heel raises	Heel raises to endurance test
	↓ Power ↓ Energy storage & release capacity	SSC activity retraining	Plyometric (pogos, drop jumps, maximal jumps)	Distance in SL triple maximal jump similar to contralateral limb Reduce contact time during hopping	Distance Reactive strength index
<b>Local load progression criteria:</b> Pain control + other main criteria like such as:					
a) <b>Conditioning stages:</b> predefined stages prior to starting rehabilitation, such as increase in the percentage of RM or in the complexity of the exercises					
b) <b>Fatigue:</b> extra sets or reps are added, or weight is increased if there are no signs of fatigue					
c) <b>Subjective perception:</b> arbitrary increase according to the subjective perception of the athlete					
d) <b>Temporary linear increase:</b> a linear increase in time (i.e. 2.5% each week)					
<b>Sport-Specific Capacity</b>	Aerobic capacity	Extensive conditioning (bike, row, elliptical, running pool)	6x 4 mins (2-4 mins recovery between bouts)	Maintain aerobic capacity	Power output, distance, heart rate, session-RPE
		Intensive conditioning (bike, row, elliptical, running pool)	(4x) 8x15s:15s		
	Anaerobic capacity	Intensive conditioning (bike, row, elliptical, running pool)	(12x) 30s:120s (8x) 60s:180s	Maintain anaerobic capacity	Power output, distance, heart rate, session-RPE
		Gym-based conditioning	Full-body circuits		
	Kinetic chain & general strengthening	Strength training with maximal force and power emphasis	Upper and lower body 4x 3-5 reps	Maintain strength and power	Volume load, force transducers, session-RPE
	Sport-specific technical & tactical training*	Low level skills	Running technique drills	Maintain the technical skills to facilitate performance	Distance, heart rate, session-RPE
On-field training*	Run	Short runs progressed in speed, volume and frequency	Progressively get back to running	Distance, heart rate, session-RPE	

Abbreviations: AT, Achilles tendinopathy; HSR, heavy slow resistance; reps, repetitions; BW, body-weight; RM, repetition maximum; SL, single legged; SSC, stretch-shortening cycle; \* Based on pain tolerance