

	<u>Advice</u>	<u>Tools</u>
Step 1	Do not change anything if you have no experience with running injuries	None
Step 2	Do not train too much	Training load scheme Video interview with a medical specialist Training load management tool
Step 3	Make sure there is variety in movement using specific exercises	Video illustrations of running exercises
Step 4	Take enough time for rest and recovery	Animation Pain ladder scheme Training load management tool
Step 5	Participate in other sports	Animation
Step 6	Do not ignore pain during and after running	Pain ladder scheme
Step 7	Wear shoes that feel comfortable	Video interview with a medical specialist
Step 8	Run with a high step rate	Animation Link to app to detect step frequency
Step 9	Plan a gradual increase in race distance within the first years of running experience	Link to training schedules
Step 10	Run with joy	None

Appendix A. Ten items with advice and tools designed with the aim to prevent running-related injuries included in the ‘10 steps 2 outrun injuries’ prevention program. More detailed information about these items can be found elsewhere.[18]

Appendix B. Items of the questionnaires in the SPRINT study

Questionnaire	Section	Items
Baseline questionnaire	Demographics	Sex
		Date of birth
	Training	Height (cm ^a)
		Weight (kg ^b)
		Running experience (years)
		Weekly training frequency (times a week) ^c
		Weekly training hours (hours per week) ^c
		Weekly training distance (km ^d per week) ^c
		Running speed (minutes per km) ^c
		Type of training
		Endurance training (%)
		Interval training (%)
		Specific exercises (%)
		Membership of a running club (yes/no)
		Use of training schedules (yes/no)
	Participation in another sport than running (yes/no)	
	Running events	Distance of the registered running event (10-10.55 km/15-16.1 km/half marathon/marathon)
Participation in a previous running event (yes/no)		
Average participations per year		
RRI ^e	Previous RRI in the 12 months before baseline (yes/no)	
	Reported RRI at baseline (yes/no)	
Follow-up questionnaire	New RRI*	New RRI since filling in previous questionnaire (yes/no)
		Location (lower back/buttock/hip/groin/ventral thigh/dorsal thigh/knee/shin/calf/Achilles tendon/ankle/foot/toe)
		OSTRC Overuse injury questionnaire ^f
		Pain severity (0-10 NRS scale ^g), at rest and while running
		Use of painkillers and/or NSAIDs ^h (yes/no)
	Treatment (yes/no, and if yes, general practitioner/medical specialist/physiotherapist)	
	Complete recovery (yes/no)	
	Injury prevention program ⁱ	Read program (yes/no, and if yes, which advices)
		Applied program to training (yes/no, and if yes, which advices)
Injury questionnaire	New RRI	New RRI (yes/no)
		Location (lower back/buttock/hip/groin/ventral thigh/dorsal thigh/knee/shin/calf/Achilles tendon/ankle/foot/toe)
		OSTRC Overuse injury questionnaire
		Complete recovery (yes/no)

* Specific question: “ Did you suffer a running injury between the previous questionnaire and now? This can also be an injury that was already present when you completed the previous questionnaire and that still bothered you in the past period.”

^a Centimetre; ^b Kilogram; ^c Asked for the averages over the last month; ^d Kilometre; ^e Running-related injury; ^f Oslo Trauma Research Centre Overuse Injury Questionnaire; ^g 11-point Numeric Rating Scale (NRS) ranging from 0 (no pain) to 10 (worst pain imaginable); ^h Nonsteroidal anti-inflammatory drugs; ⁱ Only included in the last follow-up questionnaire of the intervention group (one month after the running event).

Appendix C. Baseline characteristics of participants who responded to at least one follow-up questionnaire

	Total (N=4050)	Yes (N=3312)	No (N=738)
Demographics			
Sex (male)	2570 (63.5)	2081 (62.8)	489 (66.3)
Age (years) ^Δ	42.3 (12.1)	43.3 (12.2)	37.8 (10.7)*
BMI ^a (kg/m ²) ^Δ	23.3 (2.6)	23.2 (2.6)	23.6 (2.7)*
Training characteristics			
Running experience (years) ^Δ	10.3 (10.1)	10.8 (10.3)	8.0 (8.6)*
Weekly training frequency ^Δ	2.6 (1.3)	2.6 (1.3)	2.5 (1.3)
Weekly training hours ^Δ	3.1 (2.8)	3.1 (2.8)	2.9 (2.7)*
Weekly training distance (km ^b) ^Δ	26.5 (22.7)	27.0 (23.3)	24.2 (19.5)*
Running speed (min/km) ^Δ	5.8 (0.9)	5.8 (0.9)	5.7 (0.9)
Type of training (%)			
Endurance training	70.6 (21.4)	70.4 (21.4)	71.5 (21.2)
Interval training	22.5 (17.7)	22.7 (17.7)	21.7 (17.7)
Specific exercises	6.9 (9.9)	7.0 (9.9)	6.9 (9.9)
Membership of a running club (yes)	1210 (29.9)	1030 (31.1)	180 (24.4)*
Use of training schedule (yes)	2636 (65.1)	2164 (65.3)	472 (64.0)
Participation in another sport than running (yes)	3276 (80.9)	2660 (80.3)	616 (83.5)*
Running events			
Distance registered for:			
10/10.55 km	894 (22.1)	740 (22.3)	154 (20.9)
15/16.1 km	534 (13.2)	456 (13.8)	78 (10.6)
Half marathon	579 (14.3)	490 (14.8)	89 (12.1)
Marathon	2043 (50.4)	1626 (49.1)	417 (56.5)
Participation in a previous running event (yes)	3791 (93.6)	3128 (94.4)	663 (89.8)*
Average participations per year ^Δ	8.1 (8.7)	8.6 (9.0)	6.0 (7.0)*
RRI^c			
Previous RRI in the last 12 months (yes)	2000 (49.4)	1635 (49.4)	365 (49.5)
Reported RRI at baseline (yes)	763 (18.8)	614 (18.5)	149 (20.2)

Categorical data are presented as N (%) and continuous data (Δ) as means (SD). * = statistically significant difference between intervention and control group (p<0.05); ^a Body Mass Index; ^b Kilometre; ^c Running-related injury.

Appendix D. Total number of injuries of participants with no running-related injury at baseline with differences between the intervention group and control group (N=3287)

	Total	Intervention group	Control group	Crude Difference	Adjusted odds ratio^{a, b}	Adjusted risk ratio^a
	N (%)	N (% , 95% CI)	N (% , 95% CI)	% (95% CI)	(95% CI)	(95% CI)
Primary outcome						
Newly reported RRI ^c during follow-up (yes)	1079 (32.8)	553 (33.1, 95% CI 30.8;35.3)	526 (32.6, 95% CI 30.3;34.9)	0.5 (-2.7;3.7)	1.03 (0.89;1.20)	1.02(0.92;1.13)

^a Adjusted for the variables age and BMI; ^b Control group is reference; ^c Running-related injury.