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.

|           | Sagittal |            |         | Frontal |            |         |
|-----------|----------|------------|---------|---------|------------|---------|
|           | SEM      | MDC        |         | 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     |