**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]

| Advice                                      | Tools                                      |
|----------------------------------------------|--------------------------------------------|
| **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 B. Items of the questionnaires in the SPRINT study

| Questionnaire          | Section                     | Items                                                                 |
|------------------------|-----------------------------|----------------------------------------------------------------------|
| Baseline questionnaire  | Demographics                | Sex                                                                  |
|                        |                             | Date of birth                                                        |
|                        |                             | Height (cm<sup>a</sup>)                                              |
|                        |                             | Weight (kg<sup>b</sup>)                                              |
|                        | Training                    | Running experience (years)                                           |
|                        |                             | Weekly training frequency (times a week)<sup>c</sup>                |
|                        |                             | Weekly training hours (hours per week)<sup>c</sup>                  |
|                        |                             | Weekly training distance (km<sup>d</sup> per week)<sup>c</sup>       |
|                        |                             | Running speed (minutes per km)<sup>c</sup>                          |
|                        |                             | 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<sup>e</sup>             | Previous RRI in the 12 months before baseline (yes/no)              |
|                        |                             | Reported RRI at baseline (yes/no)                                   |
| Follow-up questionnaire | New RRI<sup>*</sup>         | 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<sup>f</sup>                      |
|                        |                             | Pain severity (0-10 NRS scale<sup>g</sup>), at rest and while running |
|                        |                             | Use of painkillers and/or NSAIDs<sup>h</sup> (yes/no)               |
|                        |                             | Treatment (yes/no, and if yes, general practitioner/medical specialist/physiotherapist) |
|                        |                             | Complete recovery (yes/no)                                          |
|                        | Injury prevention program<sup>i</sup> | 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.”

<sup>a</sup> Centimetre; <sup>b</sup> Kilogram; <sup>c</sup> Asked for the averages over the last month; <sup>d</sup> Kilometre; <sup>e</sup> Running-related injury; <sup>f</sup> Oslo Trauma Research Centre Overuse Injury Questionnaire; <sup>g</sup> 11-point Numeric Ration Scale (NRS) ranging from 0 (no pain) to 10 (worst pain imaginable); <sup>h</sup> Nonsteroidal anti-inflammatory drugs; <sup>i</sup> 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

| Category                          | Total  (N=4050) | Yes  (N=3312) | No  (N=738) |
|----------------------------------|-----------------|---------------|-------------|
| **Demographics**                 |                 |               |             |
| Sex (male)                       | 2570 (63.5)     | 2081 (62.8)   | 489 (66.3)  |
| Age (years)*                     | 42.3 (12.1)     | 43.3 (12.2)   | 37.8 (10.7)*|
| BMI (kg/m²)*                     | 23.3 (2.6)      | 23.2 (2.6)    | 23.6 (2.7)* |
| **Training characteristics**     |                 |               |             |
| Running experience (years)*      | 10.3 (10.1)     | 10.8 (10.3)   | 8.0 (8.6)*  |
| Weekly training frequency*       | 2.6 (1.3)       | 2.6 (1.3)     | 2.5 (1.3)   |
| Weekly training distance (km)*   | 26.5 (22.7)     | 27.0 (23.3)   | 24.2 (19.5)*|
| Running speed (min/km)*          | 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* | 8.1 (8.7)       | 8.6 (9.0)     | 6.0 (7.0)*  |
| **RRF**                          |                 |               |             |
| 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 (∆) 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)

|Primary outcome| Total N (%) | Intervention group N (%), 95% CI | Control group N (%), 95% CI | Crude Difference % (95% CI) | Adjusted odds ratio<sup>a, b</sup> (95%CI) | Adjusted risk ratio<sup>a</sup> (95%CI) |
|---|---|---|---|---|---|---|
|Newly reported RRF during follow-up (yes)| 1079 (32.8)| 553 (33.1, 95% CI)| 526 (32.6, 95% CI)| 0.5 (-2.7;3.7)| 1.03 (0.89;1.20)| 1.02(0.92;1.13)|

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