

1 Supplement 1 Additional information on the intervention Runfitcheck

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3 The Runfitcheck was developed in 2016 according to an evidence- and practice-based approach to
4 stimulate injury preventive behaviour amongst novice runners (1,2). Although the intervention has
5 been described in detail in the aforementioned articles, after the first evaluation of the intervention,
6 some adjustments were made based on the users' feedback.

7 The Runfitcheck starts with a few basic, newly developed, questions classifying the runner based on
8 their running motivation, physical complaints and load-taking capacity. Based on these questions, the
9 runner directly receives tailored advice consisting of: 1) their running profile, consisting of percentage
10 match to a health-oriented, mental runner, social runner and goal-oriented runner; 2) information about
11 their injury risk; and 3) advice on their running profile in combination with the injury risk and the pitfalls.
12 Next, the runner is directed to a personal dashboard for achieving optimal running practice. This
13 dashboard consists of a training schedule, a warming-up routine through an instruction video and
14 instruction videos of strength exercises. The training schedules were adapted to their running goal. A
15 new addition to the dashboard is information on how to listen to your body's signals in terms of pain
16 signals, fatigue, recovery and resting heart rate. This information was developed in consultation with
17 running experts.

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19 References

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- 21 1. Kemler E, Cornelissen MH, Gouttebarghe V. Is it possible to stimulate injury-preventive
22 behaviour in adult novice runners with an online intervention? Results of a randomized
23 controlled trial. *South African Journal of Sports Medicine*. 2020;submitted.
- 24 2. Kemler E, Gouttebarghe V. A Tailored Advice Tool to Prevent Injuries Among Novice Runners:
25 Protocol for a Randomized Controlled Trial. *JMIR Res Protoc*. 2018;7(12):1.

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