Supplemental material

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Supplement 4 Additional questions Runfitcheck (T5 & T9)

RFC group (active and inactive approach)

All questions are single response unless otherwise stated in question

[RFCbekeken]

Have you viewed or used the Runfitcheck website (www.runfitcheck2.nl) in the past 4 months?

> Yes - on to question 2
> No – on to question 5

[RFCWatViews]

What parts of the website have you viewed or used? (multiple answers possible)

> Landing page
> Test for type of runner
> Warm-up exercises with videos
> Muscle strengthening exercises
> Knowledge test(s)
> Training Schedule
> Tips
> Other, namely

[RFCHoevaak]

How many times have you viewed or used the website?

> 1 time in total
> 1 time per month
> 1 time every 2 weeks
> 1 time per week
> Several times a week
> Otherwise....

[RFCDashboard]

Did you create a personal dashboard as a result of the determination test at the beginning?

> Yes – to end (or monitor where to build in T2)
> No – on to question 6

[RFCNee]

Why didn't you view/use the Runfitcheck? (multiple answers possible)

> I'm using another running app/tool
> The website didn't sound interesting
> I didn't see the point of the website
> The first look at the website did not attract me
> No time
> Otherwise.....

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[RFCDashNo]

Why didn't you create a personal dashboard?

> I thought it was too much hassle
> I didn't see the point of it
> Otherwise.....

Control group

All questions: single response – unless otherwise stated

[RFC known]

Have you ever heard of the Runfitcheck?

> Yes -> on to question 2
> No -> on to next part of the question... monitor oid

[RFCknownHow to]

How did you hear about the Runfitcheck?

> Google
> Sociale Media
> Friends / family / known person
> Sporting event
> Otherwise....

[RFCbekeken]

Have you used or viewed the Runfitcheck?

> Yes -> on to question 4
> No

[RFCWatViews]

Multiple response

What have you viewed or used from the Runfitcheck? (multiple answers possible)

> Landing page
> Test for type of runner
> Warm-up exercises with videosMuscle strengthening exercises
> Knowledge test(s)
> Training ScheduleTips
> Otherwise...

[RFCHoevaak]

How many times have you viewed or used the website?

> 1 time in total
> 1 time per month
> 1 time every 2 weeks
> 1 time per week

Several times a week
Otherwise....