

SUPPLEMENTARY MATERIALS

WEEKS AS TIME SCALE																
	WEEK 2				WEEK 4				WEEK 8				WEEK 16			
ANALYSIS	Ref	RD†	95%CI	<i>p</i>	Ref	RD†	95%CI	<i>p</i>	Ref	RD†	95%CI	<i>p</i>	Ref	RD†	95%CI	<i>p</i>
ITT	4.6%	1.5%	-2.8;5.7	0.50	8.2%	0.9%	-4.5;6.3	0.74	13.2%	-2.3%	-8.8;4.0	0.47	28.0%	-7.0%	-18.4;4.5	0.23
PP	0.8%	1.0%	-1.9;3.9	0.50	5.1%	-1.5%	-6.9;3.8	0.58	12.9%	-6.6%	-14.4;1.3	0.10	32.4%	-12.9%	-28.0;2.2	0.09
IV	4.6%	2.9%	-5.7;11.6	0.51	8.2%	1.8%	-9.1;12.8	0.74	13.2%	-4.7%	-17.5;8.1	0.47	28.0%	-14.0%	-36.9;8.9	0.23

Table 3. Risk difference between Sch-I and Sch-V using weeks as time scale. Reference group was Sch-V. Results are presented as Reference risk (Ref), Risk Difference (RD), 95% confidence interval, level of significance (*p*). Abbreviations: ITT (intention to treat), PP (per protocol), IV (instrumental variable analysis). †Values are absolute percentage points.

DAYS AS TIME SCALE																
	DAY 14				DAY 28				DAY 56				DAY 112			
ANALYSIS	Ref	RD†	95%CI	<i>p</i>	Ref	RD†	95%CI	<i>p</i>	Ref	RD†	95%CI	<i>p</i>	Ref	RD†	95%CI	<i>p</i>
ITT	3.7%	0.9%	-2.9;4.7	0.63	6.2%	0.9%	-3.9;5.7	0.72	11.6%	-1.9%	-7.9;4.2	0.55	23.3%	-4.4%	-13.1;4.3	0.32
PP	0.8%	0.1%	-2.3;2.5	0.94	2.5%	0.2%	-4.0;4.4	0.93	10.3%	-5.9	-12.8;1.0	0.09	25.9%	-8.2%	-19.4;3.0	0.15
IV	3.7%	1.9%	-5.8;-9.5	0.63	6.2%	1.8%	-7.9;11.4	0.72	11.6%	-3.8%	-15.8;8.3	0.54	23.3%	-8.9%	-26.3;8.5	0.32

Table 4. Risk difference between Sch-I and Sch-V using days as time scale. Reference group was Sch-V. Results are presented as Reference risk (Ref), Risk Difference (RD), 95% confidence interval, level of significance (*p*). Abbreviations: ITT (intention to treat), PP (per protocol), IV (instrumental variable analysis). †Values are absolute difference in risks expressed as percentage points.

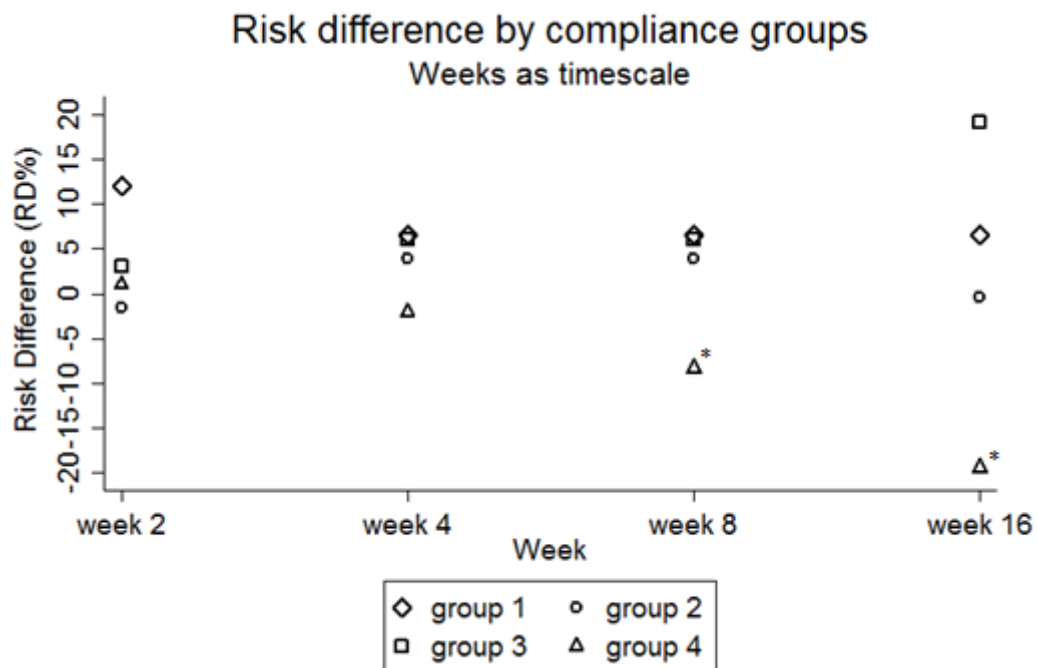


Figure 4. Risk difference between Schedule Intensity and Schedule Volume, using weeks as time scale and analyzed according to compliance groups. Compliance is quantified as percentage by calculating the total individual running frequency during the intervention period, divided by the total scheduled running frequency during the intervention period. Group 1: <50% compliance, Group 2: 50%-75% compliance, Group 3: >75%-85% compliance, Group 4: >85% compliance. The reference group is Schedule Volume and estimates are absolute percentage points. * $p < 0.05$.