

Appendix 2 Interview guide outlining the structure of the interview and the topics covered.

Experience & motivation
How many years have you been running? What is your motivation to run?
Injury experience
Have you had a running injury in the past year? If so, what was this injury? What symptoms / complaints did you have? What were the consequences of this injury?
Injury definition
What do you generally consider to be an injury? Which aspects define an injury for you?
Injury-related factors
What factors do you believe influence / cause a running injury? How do you feel these factors influence / cause a running injury?
Injury prevention
Do you feel that running injuries can be prevented? If so, how? Which injury prevention strategies do you use? What have you taken into account when choosing the injury prevention strategies that you use currently used? What motivates you to pursue an injury prevention strategy?