

Running technique element: Foot track width

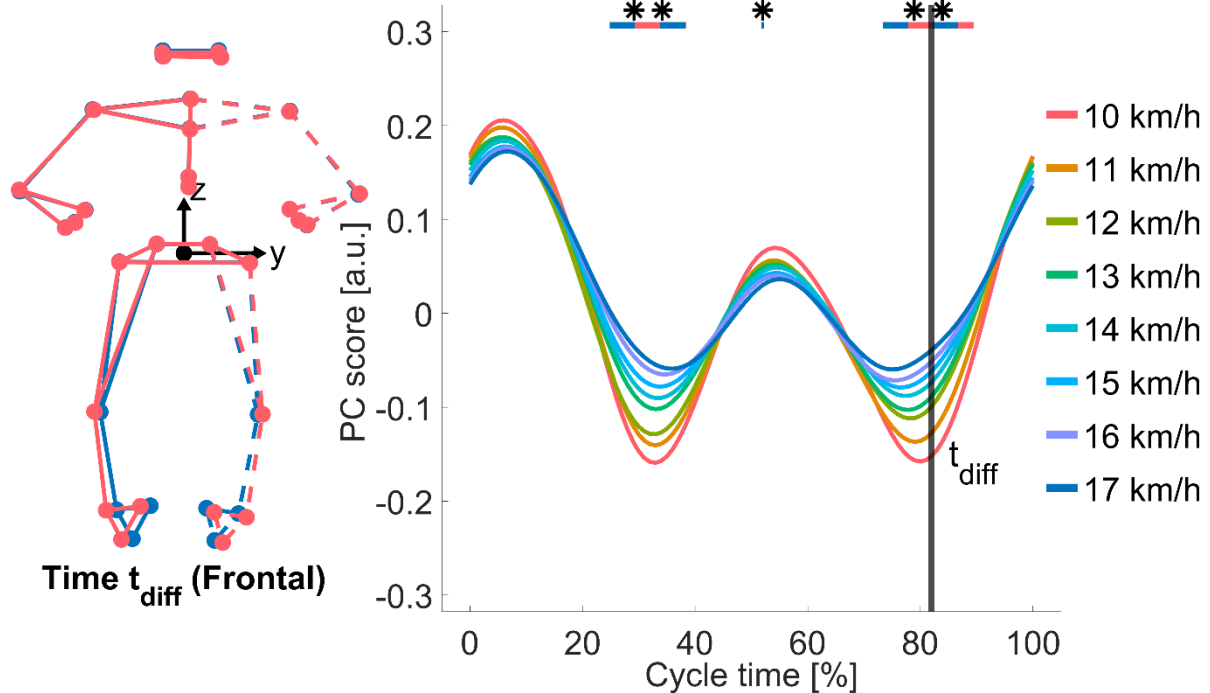


Figure 1. Comparison of principal component (PC) scores along averaged running cycle sequences (from right foot strike to right foot strike) for different running speeds of experienced runners ($N = 19$) on a treadmill for the technique element “foot track width”. The technique element measure (= PC) resulted from a PCA of instructed trials (running with demonstrative small and large track width) conducted with another group of experienced runners ($N = 20$). On the left, configurations of the corresponding extracted principal movements are plotted for the 10 (red) and 17 km/h (blue) trials at the time point, where the waveforms of these two speeds differed the most (vertical black line). Sections of statistically significant differences between 10 and 17 km/h from post-hoc analyses after statistical parametric mapping (SPM) with a repeated measures ANOVA design are marked by horizontal lines (**: $p < .001$, *: $p < .05$). Waveforms and configurations illustrate the means over all participants.