

Supplemental Digital Content 2 Ten distinct periods of continuous positive or negative work done (area under the net power curve) at the lower-limb joints were identified across the stride cycle for all running speeds. For the hip, these periods included the negative work done during terminal stance (H1), the positive work done during initial swing (H2), the negative work done during mid-swing (H3), and the positive work done during terminal swing (H4). For the knee, these periods included the negative work done during initial stance (K1), the positive work done during terminal stance (K2), the negative work done during initial swing (K3), and the negative work done during terminal swing (K4). For the ankle, these periods included the negative work done during initial stance (A1) and the positive work done during terminal stance (A2).

