

Supplemental Digital Content 1. Physical characteristics and maximal voluntary knee extension torque in three groups.

	SPR	LDR	CON
Age (years)	19.7 ± 1.3	20.3 ± 1.1	20.2 ± 1.8
Height (cm)	172.8 ± 6.5 *†	167.7 ± 4.8 †	172.8 ± 5.3
Weight (kg)	66.7 ± 6.3 *†	56.5 ± 4.5 †	63.5 ± 5.4
Maximal voluntary knee extension torque (Nm)	217.5 ± 50.7 *	181.0 ± 35.2	192.4 ± 41.7

CON: untrained control group, LDR: long-distance runner group, SPR: sprinter group

* Significantly different from LDR at $P < 0.05$

† Significantly different from CON at $P < 0.05$