Supplementary Table 1. Intent to treat analyses for temporalspatial parameters of gait at a self-selected speed. Values are means ± SD.

CONT CNCRT ECCRT

(n=29) (n=27) (n=27) time group group Partial

× time  2

Velocity (m/s) Baseline 120.9 ± 31.9 111.1 ± 23.1 129.4 ± 26.3

Month 4 127.3 ± 29.1 108.8 ± 21.0 130.4± 25.6 0.579 0.175 0.414 0.028

Change 6.9 ±21.6 -2.2 ±15.1 0.9 ± 26.8

Cadence (step/min) Baseline 109 ± 14 107 ± 10 115 ± 12

Month 4 112 ± 11 107 ± 8 114 ± 9 0.817 0.627 0.627 0.015

Change 2.9 ± 11.6 -0.3 ± 8.1 -0.9 ± 14.5

Step length (cm) Baseline 65.7 ± 10.3 62.0 ± 10.0 66.2 ± 10.6

Month 4 67.6 ± 11.6 60.8 ± 9.4 68.3 ± 11.2 0.455 0.356 0.129 0.064

Change 2.4 ± 5.3 -1.2 ± 4.8 2.1 ± 6.8

Step width (cm) Baseline 10.6 ± 3.6 11.6 ± 3.0 9.5 ± 3.3

Month 4 11.0 ± 3.0 11.6 ± 3.1 10.1 ± 3.0 0.585 0.471 0.905 0.003

Change 0.3 ± 2.9 -0.02 ± 1.8 0.5 ± 1.9

Single leg support Baseline 34.9 ± 2.5 33.8 ± 2.5 35.9 ± 2.1

(%GC) Month 4 35.2 ± 2.3 33.7 ± 2.4 36.2 ± 2.0 0.905 0.148 0.288 0.039

Change 0.3 ±1.0 -0.07 ±1.2 0.4 ± 1.3

Coefficient of variability (%)

Stride velocity Baseline 0.86 ± 0.25 0.92 ± 0.56 1.19 ± 0.57

Month 4 1.03 ± 0.24 1.06 ± 0.63 1.10 ± 0.53 0.261 0.515 0.140 0.062

Change 0.17 ± 0.26 0.13 ±0.47 -0.09 ± 0.44

Stride time Baseline 0.88 ± 0.71 1.02 ± 0.79 0.81 ± 0.36

Month 4 1.07 ± 0.68 1.25 ± 0.95 1.11 ± 1.12 0.490 0.844 0.678 0.013

Change 0.19 ± 0.41 0.23 ± 0.81 0.06 ± 0.44

Stride length Baseline 0.94 ± 0.40 0.83 ± 0.19 1.16 ± 1.61

Month 4 0.93 ± 0.25 1.07 ± 0.31 1.01 ± 0.28 0.207 0.180 0.205 0.032

Change -0.01 ± 0.39 0.17 ± 0.39 0.02 ± 0.36

Swing time Baseline 1.23 ± 1.45 0.95 ± 0.34 0.86 ± 0.22

Month 4 1.24 ± 1.41 1.19 ± 0.46 0.89 ± 0.25 0.871 0.365 0.217 0.049

Change 0.02 ± 0.34 0.24 ± 0.56 0.03 ± 0.23

Double support Baseline 1.03 ± 0.86 1.13 ± 0.92 0.85 ± 0.39

Month 4 1.07 ± 0.83 1.36 ± 1.07 0.80 ± 0.29 0.753 0.362 0.417 0.028

Change 0.03 ± 0.66 0.22 ± 0.91 -0.04 ± 0.38

GC = gait cycle; variability % = coefficient of variability; CON = wait-list, non-exercise control; CNCRT = concentric resistance exercise training; ECCRT = eccentric resistance exercise training