**F:\PhD\Projecten\POGS\Paper 2 - Kinematics\R1.0\Figures\POGS1 - R1 - Fig. S1.1.tif**

**Figure, SDC3.** Associations between changes in fast gait velocity and changes in muscle strength or power as a result of the power training (n = 15). A: 3-RM gains averaged across four training exercises and fast gait velocity: y = 0.83x + 61.6, r = 0.107, r2 = 0.01, p = 0.703. B: Changes in peak knee extensor power averaged over three contraction speeds and changes in fast gait velocity: y = 0.48x + 19.1, r = 0.086, r2 = 0.00, p = 0.760. C: Changes in peak knee flexor power averaged over three contraction speeds and changes in fast gait velocity: y = 0.36x + 23.1, r = 0.419, r² = 0.176, p = 0.121. D: Changes in peak plantarflexor power averaged over three contraction speeds and changes in fast gait velocity: y = 0.34x + 41.4, r = 0.259, r2 = 0.07, p = 0.351.