

SUPPLEMENTARY DIGITAL CONTENT 2

Figure that demonstrates the individual metabolic measurements to check if steady state was obtained

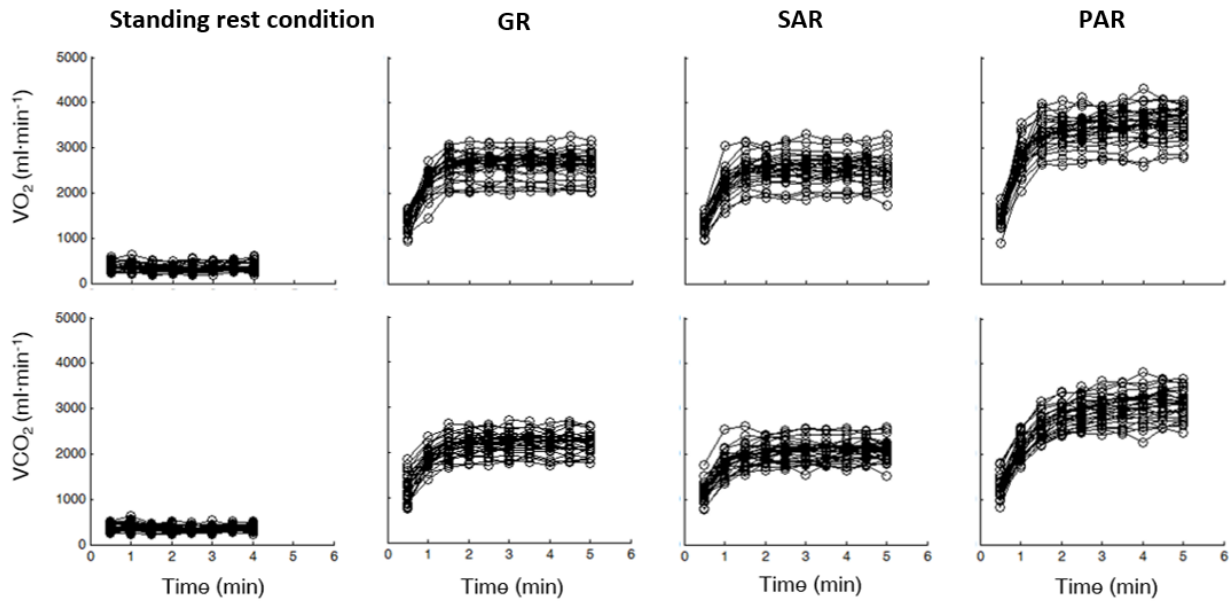


Figure SDC 2. Netto VO_2 and VCO_2 values for consecutive 30 sec averages for all conditions: the standing rest condition, GR (grounded running at $2.1 \text{ m}\cdot\text{s}^{-1}$), SAR (slow running at $2.1 \text{ m}\cdot\text{s}^{-1}$) and PAR (running at the population average running speed at $3.2 \text{ m}\cdot\text{s}^{-1}$). Lines represent the 30 different subjects and indicate that steady state was reached in the last 2 min of each condition.