

SUPPLEMENTARY FIGURE 8. Individual (S1-S13) muscle-specific electromyography (EMG) activity patterns of biceps femoris long head (BFH) and semitendinosus (ST) (normalised to maximal voluntary activity, MVIC) at slow ($4.1 \pm 0.2 \text{ m}\cdot\text{s}^{-1}$), moderate ($5.4 \pm 0.3 \text{ m}\cdot\text{s}^{-1}$), and fast ($6.8 \pm 0.4 \text{ m}\cdot\text{s}^{-1}$) running speeds when all EMG channels are averaged along each muscle. Note that scaling of the y axis is optimised for each individual so that intermuscular differences are easier to identify. Foot strike is at 0% and 100% of the stride.

