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Table 2: Muscle-tendon length parameters (Mean & standard deviations) as a function of experience and heel height. *

	Experienced								In-Experienced								MCID	
	High		Medium		Low		Trainer		High		Medium		Low		Trainer			
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD		
Soleus (cm)	27.53 ***BCD***	0.54	28.63 ***ACD***	0.40	28.80 ***ABD***	0.46	29.99 ***ABC***	0.25	28.04 ***BCD***	1.33	28.50 ***ACD***	0.43	28.78 ***ABD***	0.31	29.92 ***ABC***	0.25	0.01	*
Lateral gastrocnemius (cm)	42.19 ***BCD***	0.49	43.41 ***ACD***	0.28	43.70 ***ABD***	0.43	44.93 ***ABC***	0.28	42.71 ***BCD***	1.25	43.37 ***ACD***	0.44	43.65 ***ABD***	0.34	44.84 ***ABC***	0.29	0.01	*
Medial gastrocnemius (cm)	42.60 ***BCD***	0.48	43.79 ***ACD***	0.28	44.08 ***ABD***	0.42	45.29 ***ABC***	0.28	43.11 ***BCD***	1.22	43.75 ***ACD***	0.43	44.02 ***ABD***	0.33	45.19 ***ABC***	0.29	0.01	*

Key
* = main effect of FOOTWEAR
A = significantly different from high
B = significantly different from medium
C = significantly different from low
D = significantly different from trainer