

Central Lancashire Online Knowledge (CLOK)

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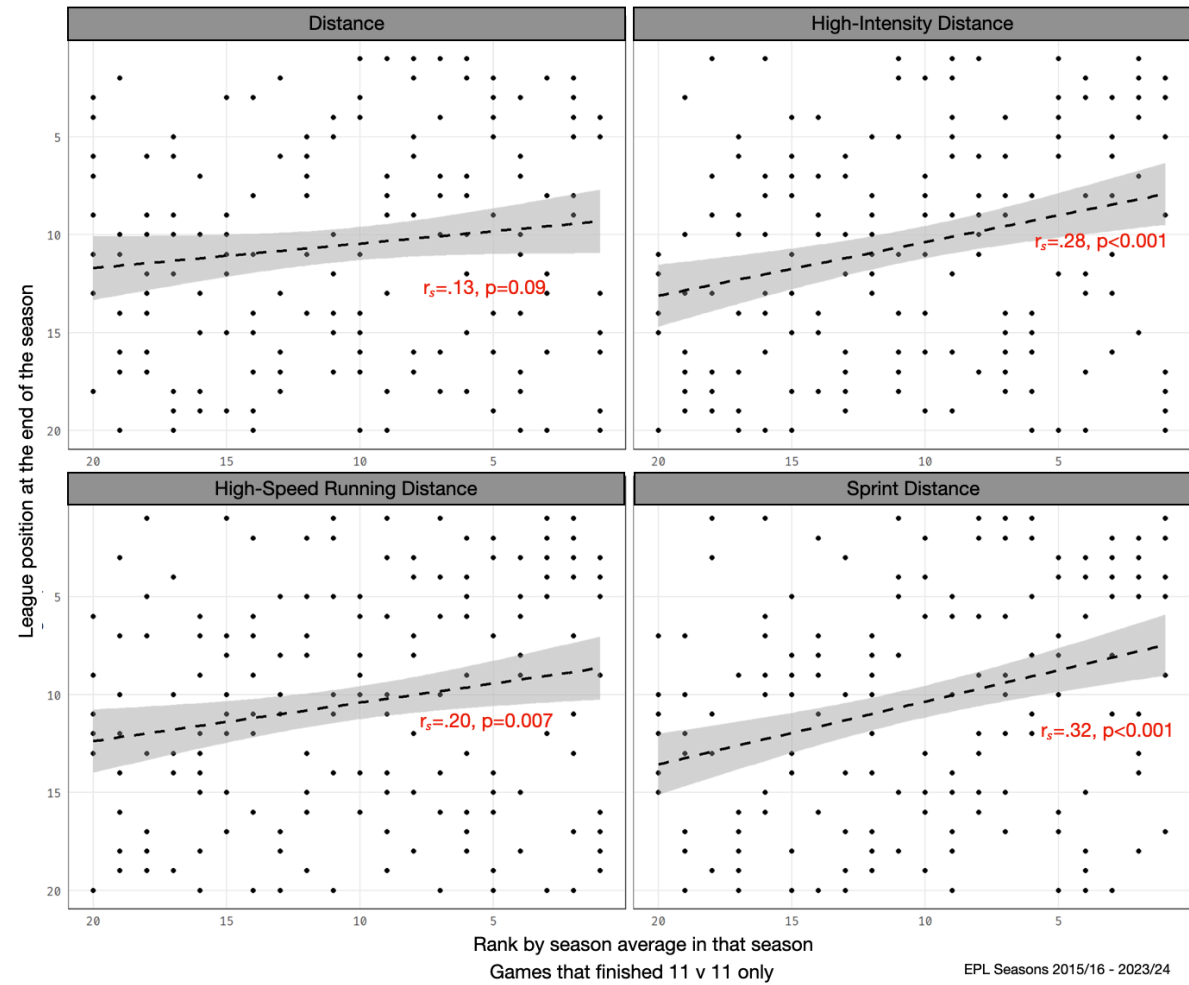
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Appendix.

Table 1. Number of games available for analysis, the number of games that finished 11v11, mean game duration, players included in that season's analysis and mean age of players that season.

Season	Total Games Tracked	Games that finished 11 v 11	Mean Game Duration	Players Included in Analysis that Season	Mean Age of Players
2015/16	372	317	96.3 ± 1.7	541	27.4
2016/17	378	334	96.4 ± 1.6	521	27.8
2017/18	380	345	96.1 ± 1.8	514	27.3
2018/19	377	332	96.5 ± 1.8	500	27.2
2019/20	375	331	97.4 ± 1.9	513	27.0
2020/21	375	332	96.4 ± 2.1	516	27.0
2021/22	376	332	97.2 ± 2.3	536	27.2
2022/23	372	339	98.4 ± 2.7	547	27.0
2023/24	372	318	101.0 ± 2.9	557	26.7

Figure 1. Correlation of final league position of the team in the EPL against their team total running load output for distance (m), high intensity distance (m), high speed running distance (m) and sprint (m). Each season, teams are ranked from highest running load that season to lowest. Axis is inverted.



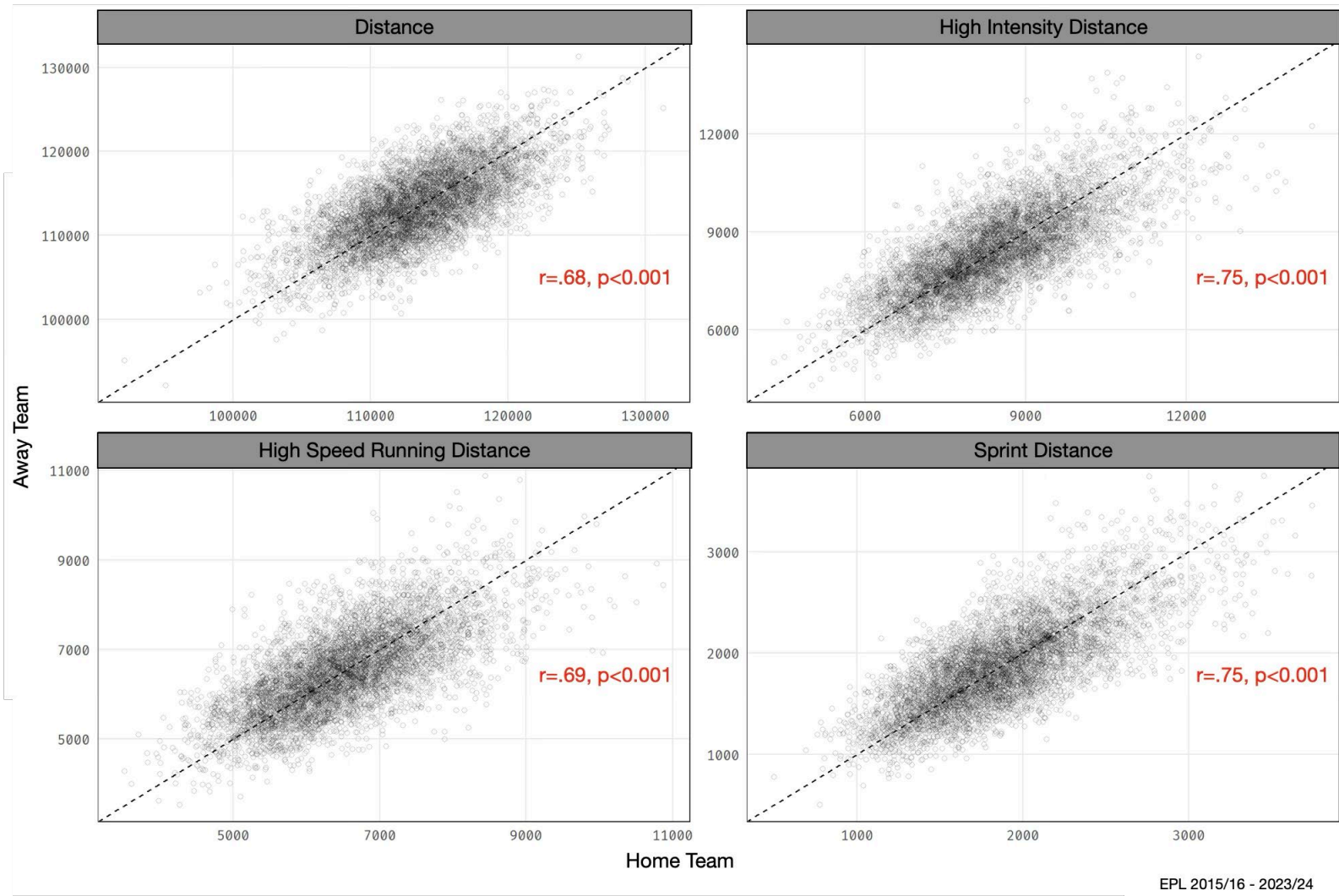


Figure 2. Correlation of running loads between home and away teams in a match for distance (m), high intensity distance (m), high speed running distance (m) and sprint (m).

Table 2. Multiple comparisons post hoc test showing differences between running load variables and match outcome (win, draw, lose). Negative values show Group 1 had higher outputs than Group 2.

Variable	Group 1	Group 2	Effect Size Differences	Lower	Upper
Distance (m)	Win	Draw	-0.14*	-0.22	-0.06
	Win	Loss	-0.18*	-0.25	-0.11
	Draw	Loss	0.04	-0.12	0.04
High-Intensity Distance (m)	Win	Draw	-0.14*	-0.22	-0.06
	Win	Loss	-0.10*	-0.17	-0.03
	Draw	Loss	0.04	-0.04	0.12
High-Speed Running Distance (m)	Win	Draw	-0.10*	-0.18	-0.02
	Win	Loss	-0.03	-0.10	0.04
	Draw	Loss	0.07	-0.01	0.15
Sprint Distance (m)	Win	Draw	-0.20*	-0.28	-0.12
	Win	Loss	-0.23*	-0.30	-0.16
	Draw	Loss	-0.03	-0.11	0.05

*P<0.05

Table 3. The difference in average outputs between winning and losing teams in the same match.

Metric	Winning Team	Losing Team	Difference	95% Confidence Intervals	p value	Effect Size
Distance (m)	113895 ± 4378	113115 ± 4515	780*	(636 – 924)	p<0.001	0.22
High-Intensity Distance (m)	8478 ± 1280	8368 ± 1338	110*	(72 - 148)	p<0.001	0.12
High-Speed Running (m)	6543 ± 922	6524 ± 991	19	(-12 - 50)	0.226	0.22
Sprint Distance (m)	1935 ± 447	1844 ± 437	91*	(78 - 103)	p<0.001	0.29

*P<0.05