

Additional File 1: Treadmill speeds used in CADENCE-Kids			
Bout	m/min	km/h	miles/h
1	13.4	0.80	0.5
2	26.8	1.61	1.0
3	40.2	2.41	1.5
4	53.6	3.22	2.0
5	67.0	4.02	2.5
6	80.4	4.82	3.0
7	93.8	5.63	3.5
8	107.2	6.43	4.0
9	120.6	7.24	4.5
10	134.0	8.04	5.0