

## **Supplementary Material: Data of the study.**

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**Supplementary Table T1.** Data of Experiment 1. Selected running speed and duration of the task in the different optical flow (OF) conditions (0 = noOF, 1 = matchOF, 2 = slowOF, 3 = fastOF).

**Supplementary Table T2.** Data of Experiment 2. Preferred running speed (Running.speed) and visual speed perceived as matching the actual treadmill speed (Visual.speed). Spatio-temporal gait parameters, i.e. step length (st.Length), step duration (st.Duration), step frequency (st.Freq) and step width (st.Width) in the different optical flow conditions (0 = noOF, 1 = matchOF, 2 = fastOF, 3 = slowOF). Perceived effort (Borg.RPE), starting heart rate (startHR) and mean heart rate (HR) for each optical flow condition.