



UNIVERSIDAD
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Santiago, Chile. February 27th, 2020.

**Dr.
Amador García Ramos
Academic Editor, PeerJ
PRESENT**

Dear Editor

We thank the reviewers for the kindness and time spent preparing their new comments and suggestions, which have been of great value to improve our paper. We have considered each of the comments and made the respective modifications.

We believe that with the modifications made, our paper is now able to be published.

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On behalf of all authors.



Reviewer 2

Comments for the author:

1. Line 35-36, *'a significant increase ($p = 0.029$)'*.

The word indicated was included.

2. Line 42-43, *'and between Post-8-week Training and...'*

The word indicated was included.

3. Line 44-46, *The adaptation took place after the 8-week training. The adaptations to running barefoot were characterized by causing an increase...*

The sentence was modified according to indicated.

4. Line 53-54, *Giving the deadline year of the data (55 million practitioners in the United States). '55 million' rather than '55 millions'.*

The word was modified according to indicated.

5. Line 56, *mainly in the lower limbs.*

The word suggested was replaced.

6. Line 59, *remove 'mainly'.*

The word was removed.

7. Line 82-83, *barefoot running 'produced' on variables that affect plantar support.*

The word was modified according to indicated.

8. Line 91, *using abbr. TFC, FFP.*

The words were replaced by the respective abbreviations.

9. Line 92, *'in its acute and chronic effect (20 min VS 8 weeks training of BFR)'*.

The sentence was modified according to indicated.

10. Line 101, *'The subjects were running regularly between 5 and 10 km per week'. Line 132, running at a self-chosen speed.*

Why the authors replied that the subjects had no experience as runners?

In this case, why the 20 min acute running did not use the same speed (self-chosen speed).

Yes, it seems that the sentence does not explain in the right way the characteristics of the sample regarding its training history. The sentence was changed, as follows:

“The subjects were running regularly between 5 and 10 km per week but had no experience in barefoot running.”

According to Line 132, I appreciate this observation since it is likely that the use of a single speed for all subjects could have affected the results of the acute protocol, which consisted of running only once on a treadmill at 3.1 m·s⁻¹, and was precisely the moment of evaluation that did not show significant differences within groups. This speed was chosen to partially resemble the methodology used in several other studies (Warne et al., 2014; Fleming et al., 2015; Warne et al., 2016; Fuller et al., 2017).

11. Line 133, delete ‘during eight weeks’, as it is duplication.

The phrase was deleted.

12. Line 157-158, line 162-163, change the sentence order as: It was considered as a valid attempt only when the three judges gave their approval and five valid attempts were recorded for each foot of the subjects.

The paragraph was changed according to suggested.

13. Line 188, Showing the classification of ES.

The next phrase was included:

“(ES > 0.8 was considered a strong effect).”

14. Giving the subtitles for results for the clarity purpose.

Subtitles were incorporated into the results.

15. Adding the calculated ES values to the results.

The cohen’s d value was included in table 2.

The effect size based on η^2_p is shown in the results paragraphs.