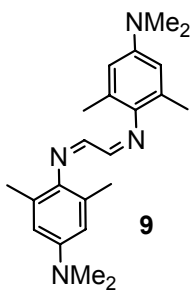
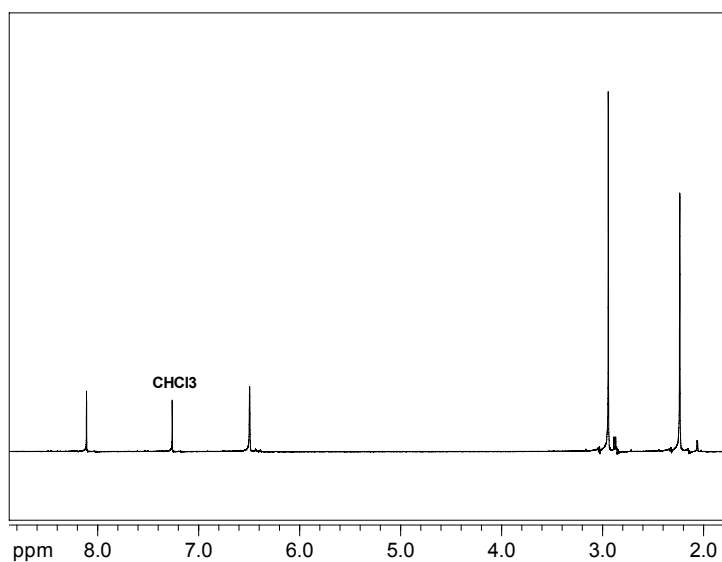


Supporting Information

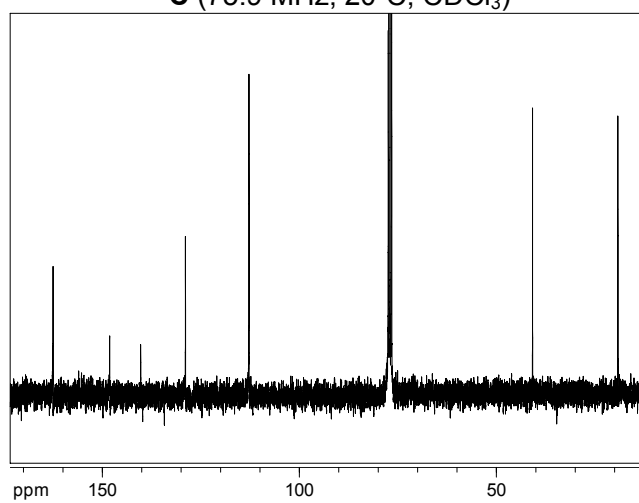
NMR spectra

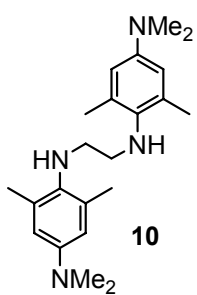


¹H (300.1 MHz, 20°C, CDCl₃)

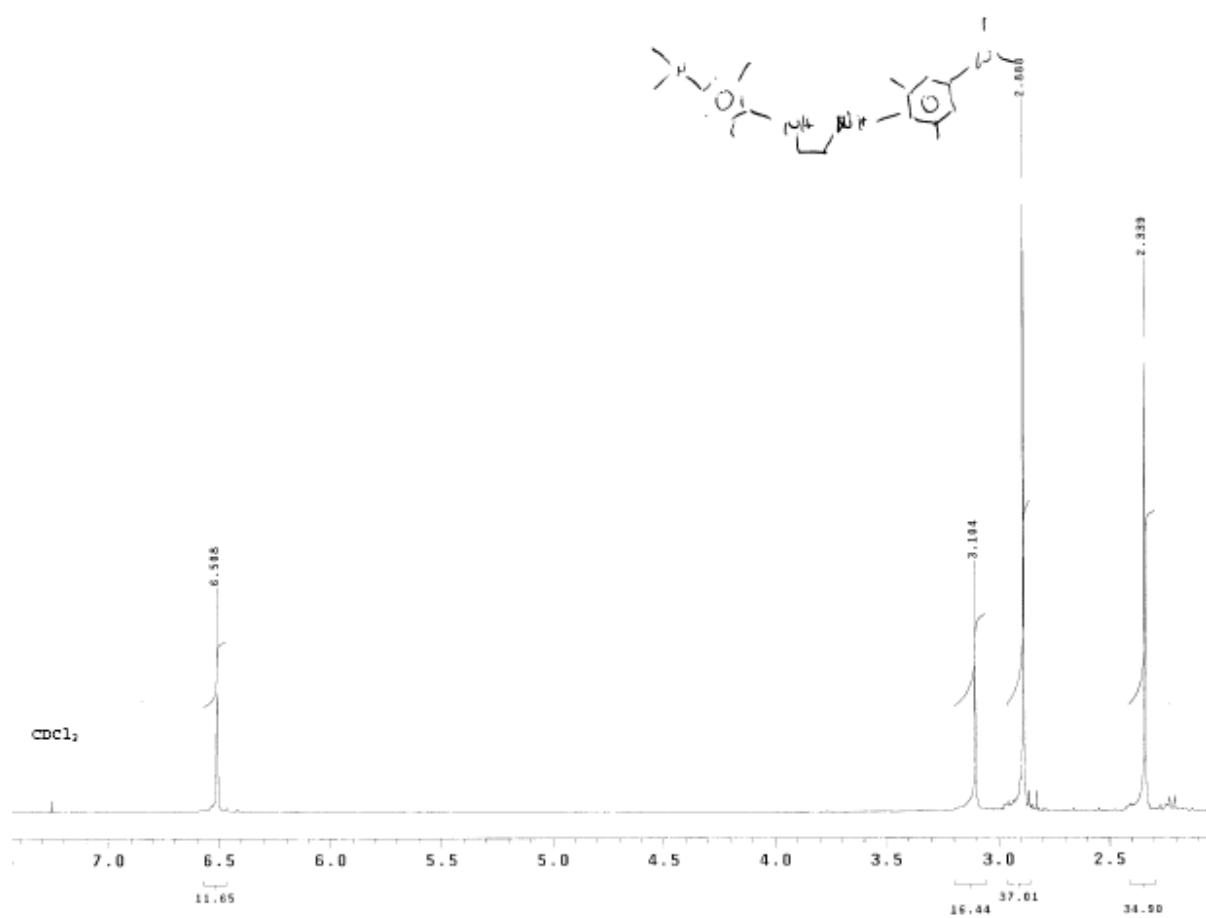


¹³C (75.9 MHz, 20°C, CDCl₃)

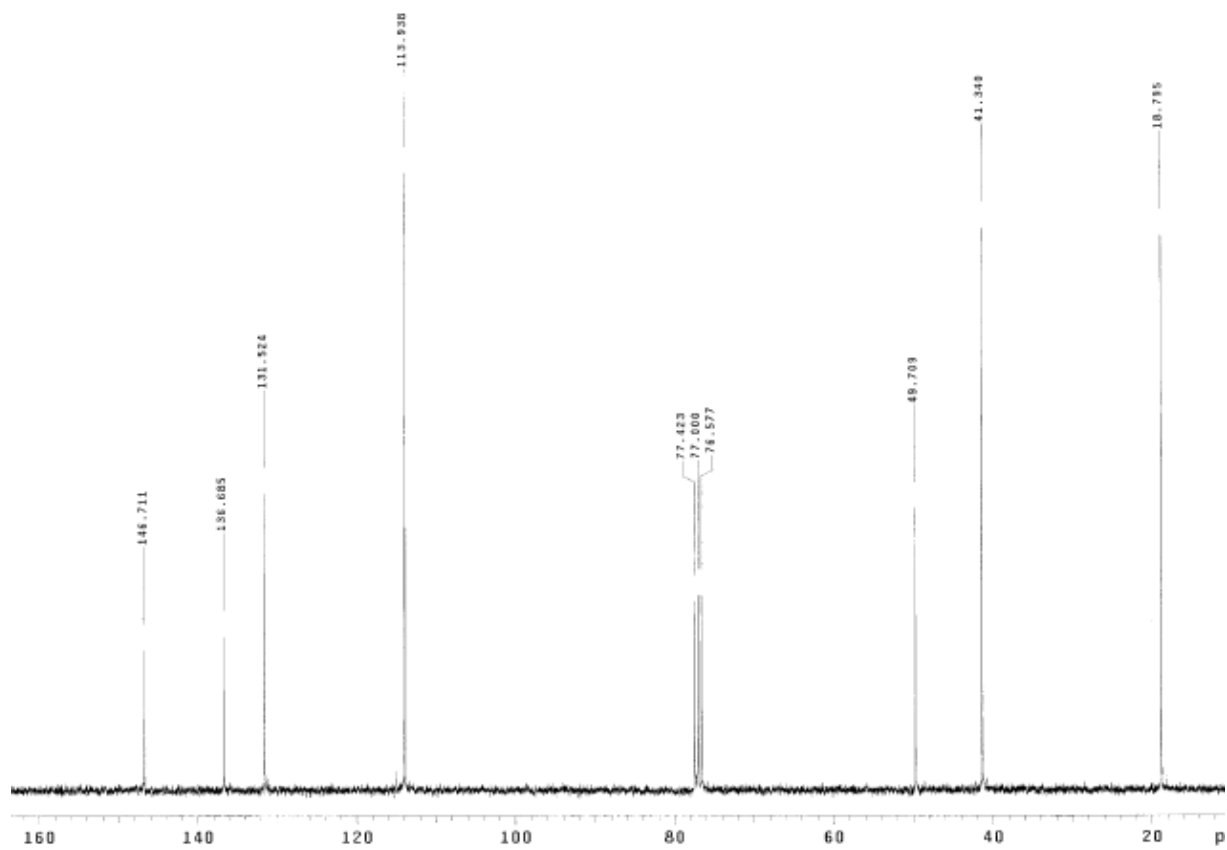


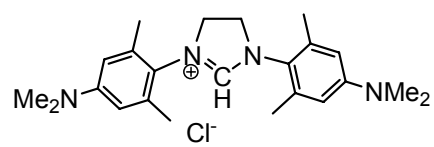


^1H (300.1 MHz, 20°C, CDCl_3)



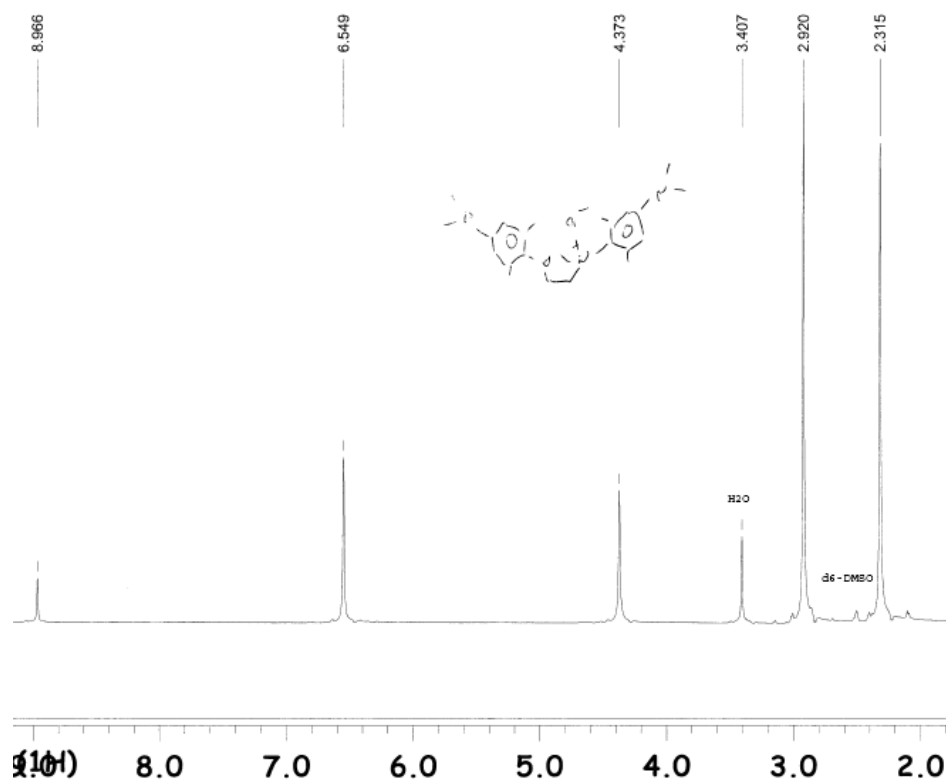
^{13}C (75.9 MHz, 20°C, CDCl_3)



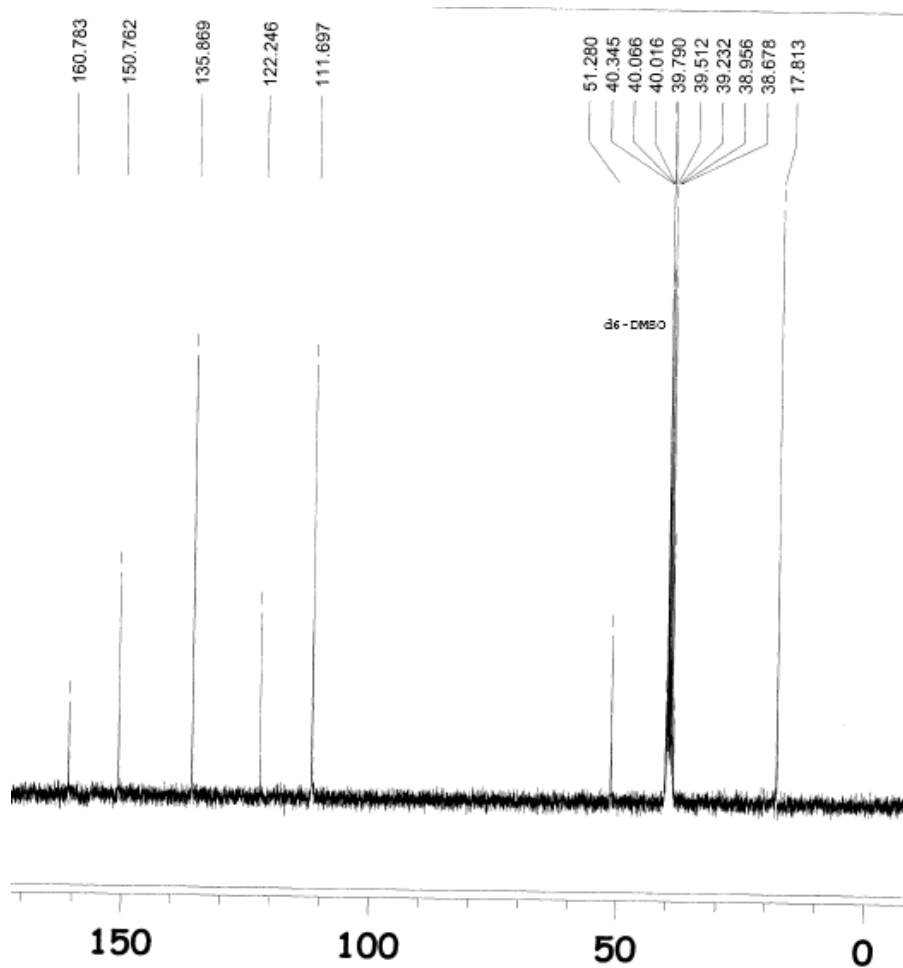


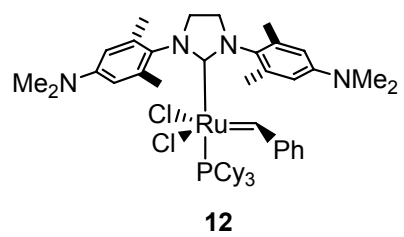
11

^1H (300.1 MHz, 20°C, $\text{d}_6\text{-DMSO}$)

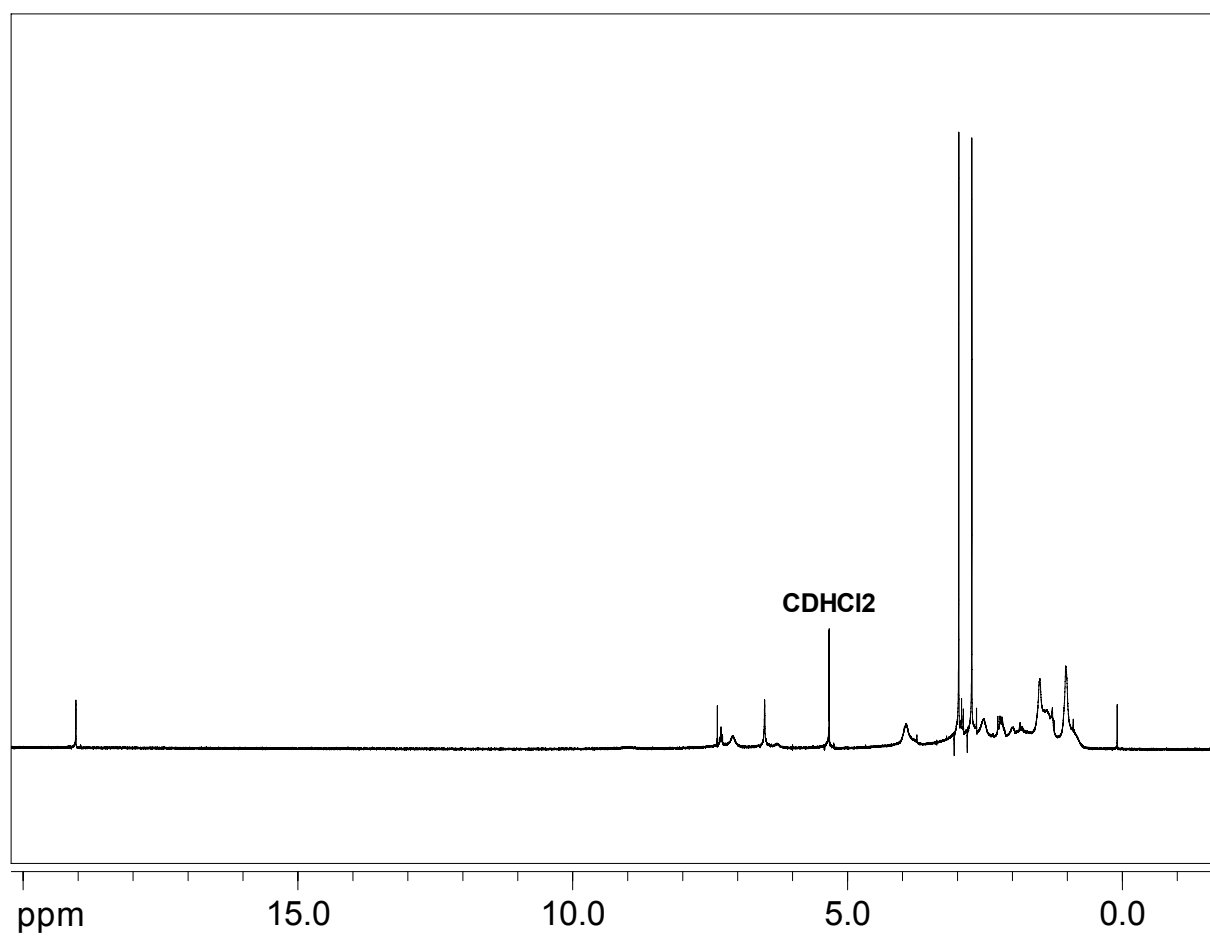


^{13}C (75.9 MHz, 20°C, $\text{d}_6\text{-DMSO}$)

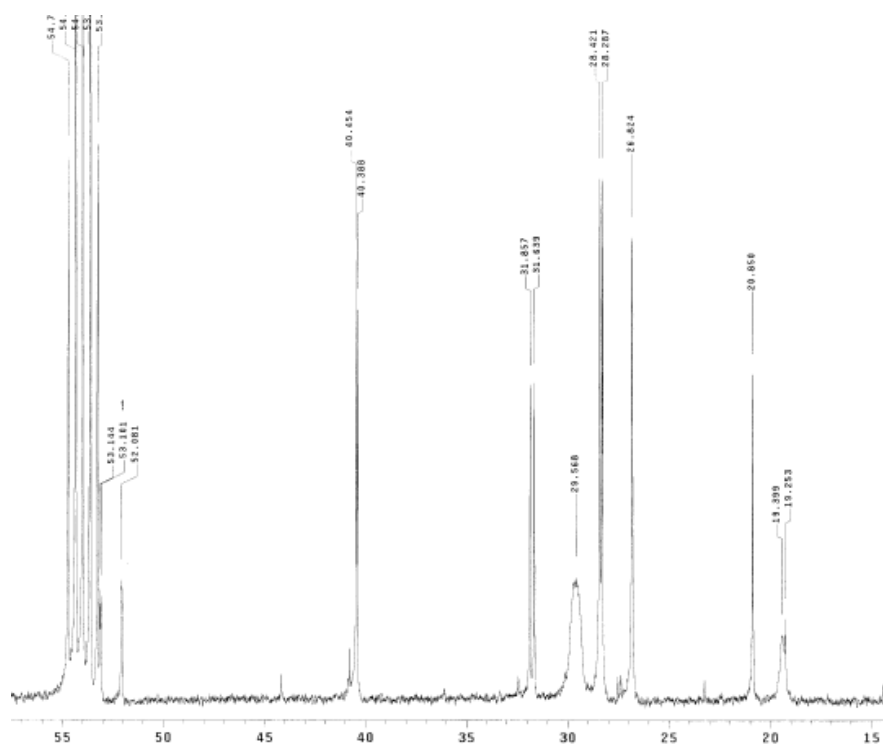
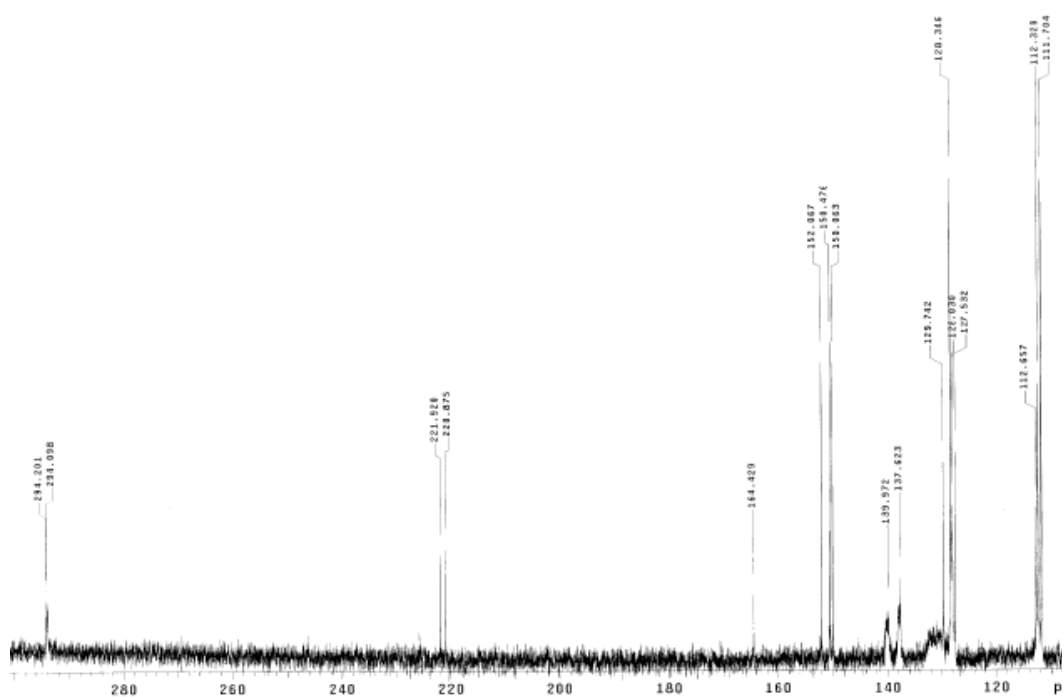




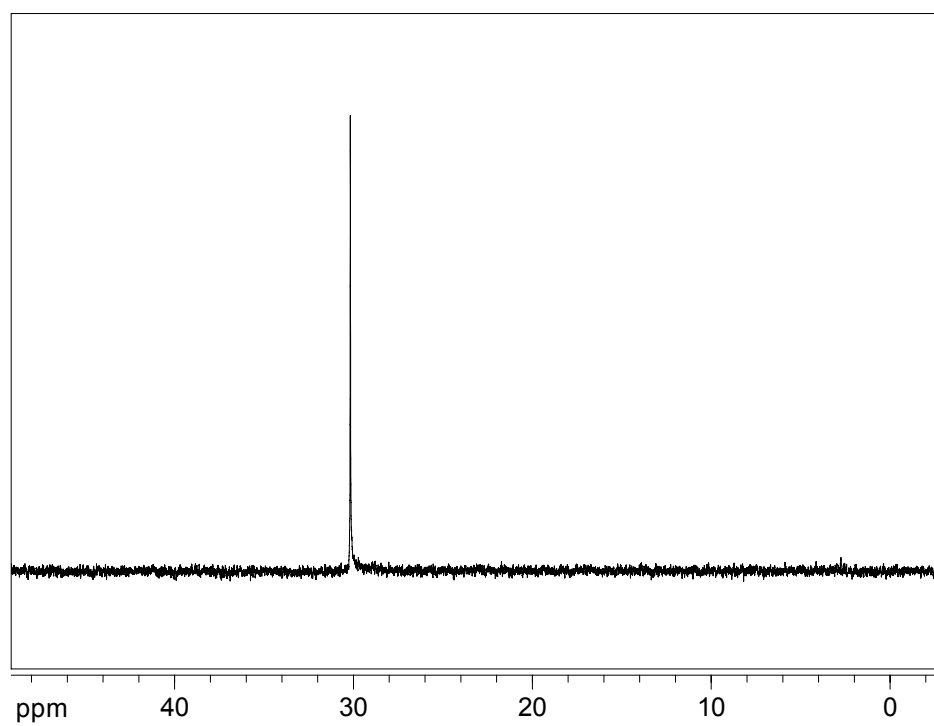
^1H (300.1 MHz, 20°C, CD_2Cl_2)

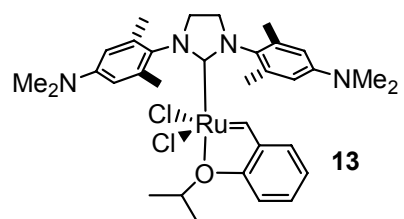


^{13}C (75.9 MHz, 20°C, CD_2Cl_2)

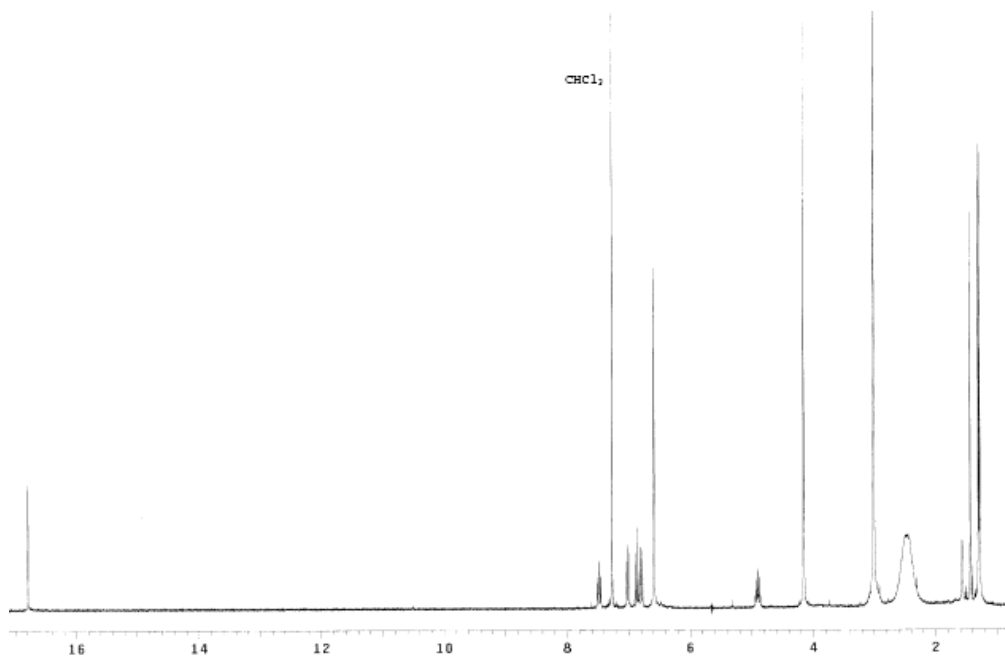


$^{31}\text{P} \{^1\text{H}\}$ (121.4 MHz, 20°C, CD_2Cl_2)

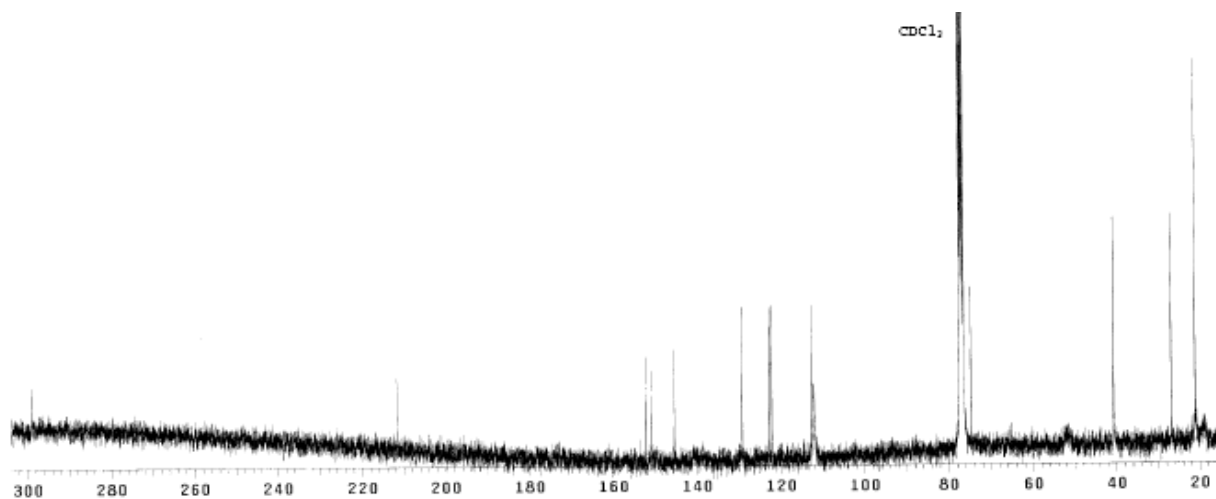




^1H (300.1 MHz, 20°C, CDCl_3)



^{13}C (75.9 MHz, 20°C, CDCl_3)



Kinetic data for the ROMP of COE (25°C, [Ru] = 0.5 mM, 0.5 % catalyst loading, C₆D₆)

	2	12	3	13
Time (min)	%Conversion	%Conversion	%Conversion	%Conversion
0	0	0	0	0
1	13.47	14.55	2.13	3.28
2.5	30.85	34.99	2.54	3.48
4.5	47.5	61.42	2.87	4.09
6.5	62.39	82.55	3.02	5.62
8.5	74.26	91.3	3.09	7.14
10.5	81.92	95.62	3.17	9.92
12.5	88.84	97.46	4.08	14.33
14.5	92.35		5.12	21.59
16.5	95.96		6.14	33.86
18.5	97.88		7.2	48.68
20.5			8.54	58.98
22.5			10.21	67.77
24.5			16.81	73.35
26.5			23.88	77.79
28.5			31.92	81.46
30.5			48.72	85.28
32.5			62.49	87.24
34.5			72.99	88.68
36.5			79.69	90.07
38.5			84.66	91.49
40.5			88.25	92.59
42.5			90.88	93.43
44.5			92.82	94.2
46.5			94.33	94.97
48.5			95.4	95.48
50.5			96.34	95.86
52.5			96.88	
54.5			97.25	

Kinetic data for the RCM of DEDAM (25°C, [Ru] = 1.0 mM, 1.0 % catalyst loading, C₆D₆)

	2	12	3	13
Time	%Conversion	%Conversion	%Conversion	%Conversion
0	0	0	0	0
1	0	0	0	0
2.5	1.06	1.21	0	0
4.5	2.78	2.86	0	0
6.5	5.3	6	0.85	2.87
8.5	8.07	8.23	2.04	3.16
10.5	10.65	10.71	4.18	3.42
12.5	13.18	13.17	6.64	4.59
14.5	15.79	15.34	9.47	5.2
16.5	17.93	17.53	12.52	6.39
18.5	20.13	19.55	15.91	7.9
20.5	22.36	21.5	19.13	9.84
22.5	24.79	23.22	21.94	11.44
24.5	26.08	25.14	24.35	13.99
26.5	28.19	27.16	27.3	16.23
28.5	29.44	29.09	30.8	18.67
30.5	30.91	30.63	33.98	21.35
32.5	31.82	31.78	36.6	24.04
34.5	33.09	32.92	39.38	26.86
36.5	34.18	34.39	42	29.62
38.5	35.29	35.39	44.81	32.5
40.5	36.43	36.46	47.48	35.39
42.5	37.52	37.8	49.99	37.89
44.5	38.67	38.66	51.94	40.53
46.5	39.59	39.9	54.11	43.27
48.5	40.64	40.71	56.34	45.89
50.5	41.76	41.83	58.46	48.16
52.5	42.61	42.68	60.13	50.42
54.5	43.48	43.52	62.01	52.82
56.5	44.35	44.46	63.83	54.96
58.5	45.06	45.25	65.44	56.87
60.5	46.11	46.16	67.47	59.05