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The GRONORUN study: is a gradual training program for novice runners effective in preventing running related injuries? A randomised controlled trial

Submission date
28/09/2006

Recruitment status
No longer recruiting

Registration date
28/09/2006

Overall study status
Completed

Last Edited
22/10/2007

Condition category
Injury, Occupational Diseases, Poisoning

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Study website
http://www.gronorun.nl

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title

Acronym
GRONORUN

Study objectives
A more gradual training program for novice runners will result in a reduction of running related injuries in novice runners.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the local medical ethics committee

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Prevention

Participant information sheet

Health condition(s) or problem(s) studied
Running related injuries

Interventions
A gradual training programme lasting 13 weeks is performed by the intervention group according to prepare for a four mile run. The increase of running load is 10% per week (time).

The control group will train for the four mile run using a classic training program lasting eight weeks.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
The incidence of running related injuries.

Secondary outcome measures
1. The severity of running related injuries
2. The compliance with the training programme and drop out

Overall study start date
11/07/2005

Completion date
10/07/2006

Eligibility

Key inclusion criteria
Novice runners (maximum of 30 minutes a month) between 18 and 65 years of age.

Participant type(s)
Patient

Age group
Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
532

Key exclusion criteria
No injury of lower limb in the past three months before the start of the study.

Date of first enrolment
11/07/2005

Date of final enrolment
10/07/2006

Locations

Countries of recruitment
Netherlands

Study participating centre
P.O. Box 30001
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Sponsor information

Organisation
University Medical Center Groningen (UMCG), University Center for Sport, Exercise and Health (The Netherlands)

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Sponsor type
Hospital/treatment centre

ROR
https://ror.org/03cv38k47

Funder(s)

Funder type
Research organisation

Funder Name
The Netherlands Organisation for Health Research and Development (Zon-MW) (The Netherlands)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	Study protocol	02/03/2007		Yes	No
Results article	Results	01/01/2008		Yes	No