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

Submission date	Recruitment status No longer recruiting	Prospectively registered		
28/09/2006		[X] Protocol		
Registration date 28/09/2006	Overall study status Completed Condition category	Statistical analysis plan		
		[X] Results		
Last Edited		Individual participant data		
22/10/2007	Injury, Occupational Diseases, Poisoning			

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

Protocol serial number 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

Study type(s)

Prevention

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(s)

The incidence of running related injuries.

Key secondary outcome(s))

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

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

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

Groningen Netherlands 9700 RB

Sponsor information

Organisation

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

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

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?
Results article	Results	01/01/2008		Yes	No
Protocol article	Study protocol	02/03/2007		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes