

# 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

☐ Prospectively registered

☒ Protocol

**Registration date**

28/09/2006

**Overall study status**

Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**

22/10/2007

**Condition category**

Injury, Occupational Diseases, Poisoning

☐ 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

**Contact name**

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**Contact details**

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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)

**Sponsor details**

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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?
<a href="#">Protocol article</a>	Study protocol	02/03/2007		Yes	No
<a href="#">Results article</a>	Results	01/01/2008		Yes	No