

February 2013

Registration for the Start to Run course at the site of the Dutch Athletics Federation.

September 2013

Registration for the Start to Run course at the site of the Dutch Athletics Federation.

All participants are informed about the NLstart2run study. Persons between ages 18 and 65 are invited to participate.

Study participants sign a digital informed consent and register for the study.

Invited to fill in the baseline questionnaire

Beginning of the 6-week Start to Run course

Fill in digital running log every week

End of the 6-week Start to Run course

Free running participation. Fill in digital running log every second week

Registration of a running-related injury (RRI)

Two weeks after RRI a questionnaire concerning the RRI is sent

Follow-up questionnaire about the RRI is sent every four weeks until recovery.

Follow-up questionnaire at 6, 12, 24 and 52 weeks

Follow-up questionnaire at 6, 12 and 24 weeks