

Invitations for novice runners to participate in the GRONORUN trial
in local media



Requests for participation and were available for inclusion
(N=603)



23 did not react on invitation

Appointment for baseline measurements
(N=580)



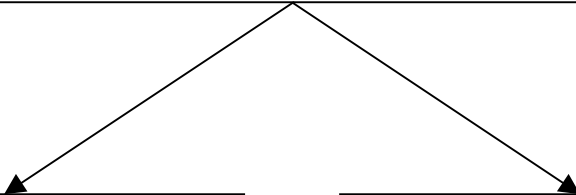
25 failed to attend baseline measurements

Baseline measurements
(N=555)



*23 were excluded:
8 were not novice runners
13 were injured (<3 months) at baseline
2 had contraindications for vigorous physical activity*

Randomization
Stratified by injury history, gender and sporting activities
(N=532)



Allocated to intervention group
(N=264)

Allocated to control group
(N=268)