Invitations for novice runners to participate in the GRONORUN 2 trial in local media

Requests for participation and available for inclusion (N=500)

Appointment for baseline measurements (N=456)

Baseline measurements (N=452)

Randomization Stratified by injury history, gender and sporting activities (N=432)

Allocated to intervention group (N=211)  Allocated to control group (N=221)

Did not react on invitation n = 44

Failed to attend baseline measurements n = 4

Excluded n = 20
  • No novice runner n = 11
  • Health issues n = 3
  • Injury previous 3 months n = 6