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)