Reviewer's report

Title: The Effects of Isolated Ankle Strengthening and Functional Balance Training on Strength, Running Mechanics, Postural Control and Injury Prevention in Novice Runners: Design of a Randomized Controlled Trial

Version: 2 Date: 3 September 2014

Reviewer: Jack Taunton

Reviewer's report:

This Study Proposal is excellent. Addresses the Hypothesis, It is original and very well written. The Statistics are appropriate. My only concern is they do not detail the running of the comparison groups in terms of frequency per week, length of time of each run, type of run steady state, tempo runs or intervals and intensity of run-% of maximum. Will they use heart rate monitors Study is otherwise excellent