

# The Groningen Novice Running 2 (GRONORUN 2) Project

Published: 20-11-2007

Last updated: 09-05-2024

To determine the effect of a preconditioning (PRECON) program on the development of running related injuries in novice runners compared to a traditional training program (CON) without a preconditioning program.

|                              |                 |
|------------------------------|-----------------|
| <b>Ethical review</b>        | Approved WMO    |
| <b>Status</b>                | Pending         |
| <b>Health condition type</b> | Other condition |
| <b>Study type</b>            | Interventional  |

## Summary

### ID

NL-OMON31410

### Source

ToetsingOnline

### Brief title

GRONORUN 2

### Condition

- Other condition

### Synonym

overuse injuries, running injuries

### Health condition

blesures van het skeletspierstelsel van de onderste extremiteit

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Universitair Medisch Centrum Groningen

**Source(s) of monetary or material Support:** ZONMW

## Intervention

**Keyword:** Prevention, Randomized controlled trial, Risk factors, Running injuries

## Outcome measures

### Primary outcome

The primary outcome of the GRONORUN 2 trial is the number of running related injuries (RRI's) in both groups. Definition of a RRI in this trial is; running related musculoskeletal ailment of the lower extremity or back, causing a restriction of running for at least one week, i.e. three consecutive training sessions.

### Secondary outcome

n a

## Study description

### Background summary

Running is a popular form of recreational exercise. Although running has positive effects on health and fitness, the risk of a running related injury (RRI) has to be considered. The incidence of RRI\*s is high and varies from 30-79%. In novice runners an RRI can negatively affect future physical activity, so the prevention of running injuries especially in novice runners is important.

### Study objective

To determine the effect of a preconditioning (PRECON) program on the development of running related injuries in novice runners compared to a traditional training program (CON) without a preconditioning program.

## Study design

A two arm randomized controlled trial

## Intervention

A 4 week preconditioning program, with walking and hopping exercise, prior to a 10 week training program in a group of novice runners compared to a 10 week training program without a preconditioning program.

## Study burden and risks

There is no additional risk for participants

Time to fill in the database and/or questionnaires will be 180 minutes in 9 months

## Contacts

### Public

Universitair Medisch Centrum Groningen

Hanzeplein 1  
9700 RB Groningen  
NL

### Scientific

Universitair Medisch Centrum Groningen

Hanzeplein 1  
9700 RB Groningen  
NL

## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

## Age

Adults (18-64 years)

Elderly (65 years and older)

## Inclusion criteria

Age 18 - 65 years

In last year no running experience

No known cardiovascular disease

No pain from the lower back of lower extremity in the three months prior to inclusion

## Exclusion criteria

Pain from the lower back of lower extremity in the three months prior to inclusion

## Study design

### Design

|                     |                             |
|---------------------|-----------------------------|
| Study type:         | Interventional              |
| Intervention model: | Parallel                    |
| Allocation:         | Randomized controlled trial |
| Masking:            | Open (masking not used)     |

**Primary purpose:** Prevention

### Recruitment

|                           |             |
|---------------------------|-------------|
| NL                        |             |
| Recruitment status:       | Pending     |
| Start date (anticipated): | 01-12-2007  |
| Enrollment:               | 540         |
| Type:                     | Anticipated |

## Ethics review

Approved WMO

Application type: First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

| Register | ID             |
|----------|----------------|
| CCMO     | NL19668.042.07 |