AARHUS UNIVERSITY

Press release

Please fill in this form and return it to graduateschoolhealth@au.dk in Word format no later than three weeks prior to your defence.

Basic information

Name: Camma Damsted Email: camma@ph.au.dk Phone: 29 92 80 00

Department of: Public Health

Main supervisor: Henrik Sørensen

Title of dissertation: ProjectRun21, shedding light on running-related injuries

Date for defence: 21.11.2018 at (time of day): 13:00-15:00 Place: Institut for Folkesundhed, Sektion for Idræt, Dalgas Avenue 4, Lokale 137 (Auditoriet).

Press release (Danish)

ProjectRun21: Nye forskningsresultater omkring løbeskader i forbindelse med halvmaraton løb

Et stigende antal danskere kaster sig ud i at træne op til at gennemføre et halvmaraton, uden at kende deres skadesrisiko. Denne manglende viden har kandidat i fysioterapi (Cand.scient.fys.) samt ph.d.-studerende Camma Damsted, undersøgt i hendes ph.d. projekt, ProjectRun21, i samarbejde med hendes forskerteam, RUNSAFE, fra Aarhus Universitet, Health. Projektet er gennemført af Camma Damsted, der forsvarer det d. 21/11

Camma Damsted og hendes team fulgte 804 raske halvmaratonløbere i 14 uger gennem deres træning frem mod et halvmaraton. I løbet af de 14 uger registrerede og indrapporterede alle løbere deres træningsdata via GPS ure eller via smartphone-baseret træningsapps, samt indrapporterede detaljerede informationer omkring løbeskader. I forsøgsperioden tilbagelagde løberne i alt 51.710 km og i alt fik 136 personer en løbeskade.
Resultaterne peger på, at løberne bør tage deres løbeniveau til efterretning før de kaster sig nu i at træne op til et halvmaraton. Samtidigt skal de være varsomme med hvordan de planlægger mængden af deres træning.
Helt konkret forklarer Camma Damsted, at dette betyder at hvis man typisk løber mindre end 15 km om ugen og langsomme end 6 min/km, i perioden (6 måneder) op til at begynde på et halvmaraton løbeprogram, så er risikoen for at pådrage sig en skade større end hvis man typisk løber længere og/eller hurtigere. Tillige viser resultaterne, at man er i en markant forøget skadesrisiko, hvis man øger den ugentlige træningsdistance på mellem 20-60% sammenlignet med under 20% i løbet af de første 3 uger af sit halvmaraton løbeprogram. Dertil ser det ud til, at denne forøget skadesrisiko er endnu større, hvis du også typisk løber lange træningspas uden intervaltræning, sammenlignet med hvis du typisk løber kortere træningspas, men med mere intervaltræning.
Ph.d. studerende Camma Damsted fra Aarhus Universitet forsvarer sin ph.d. afhandling med titlen: ”ProjectRun21, shedding light on running-related injuries” onsdag den 21. november 2018 kl. 13-15 i auditoriet på Sektion for Idræt, Dalgas Avenue 4, 8000 Aarhus C. Forsvaret er offentligt.

ProjectRun21 er finansieret af Aarhus Universitet, og udført i samarbejde mellem ph.d. studerende Camma Damsted, post.doc Rasmus Nielsen, lektor Henrik Sørensen og professor Erik Parner fra Institut for Folkesundhed på Aarhus Universitet, samt ph.d. Laurent Malisoux fra Luxembourg Institut for Health.

Yderligere oplysninger: Cand.scient.fys, ph.d.-studerende Camma Damsted, Institut for Folkesundhed, Aarhus Universitet. Camma@ph.au.dk. tlf. 29 92 80 00.

Bedømmelsesudvalg:
Associate Professor Dorte Rytter - chairman of the committee and moderator of the defence
Department of Public Health, Aarhus University, Denmark
National Health & Medical Research Council Early Career Fellow Clare Ardern Linköbings Universitet
Division of Physiotherapy, Sweden
Associate Professor Anders Grøntved Syddansk Universitet, Institut for Idræt og Biomekanik, Denmark

Press release (English)

ProjectRun21: New results on running-related injuries amoungst half-marathon runners.

An increasing number of Danish adults engage into half-marathon running without knowing their injury risk. This lack of knowledge has a graduate in physiotherapy (Cand.scient.fys.) and PhD student Camma Damsted, studied in her PhD. project, ProjectRun21, in collaboration with her research team, RUNSAFE. The project was carried out by Camma Damsted, who is defending her dissertation on 21/11.

Camma Damsted and her team followed 804 healthy half-marathon runners for 14 weeks throughout their training for a half marathon. During the 14 weeks, all runners registered and reported their training data via GPS watches or via smartphone-based training apps, as well as reported detailed information about running injuries. During the trial period, the runners completed a total of 51,710 km and a total of 136 people were injured.
The results indicate that the runners should be aware of their running level before taking up running training for half-marathon. At the same time, they must be cautious of how they plan the amount of their training.
Concretely, Camma Damsted explains that these results means that if you typically run less than 15 km a week and slower than 6 min / km, during a 6 month period prior to the start of a half marathon running program, the risk of sustaining an injury is greater than if you typically run longer and / or faster. Additionally, the results show that there is a significantly increased injury risk if you increase the weekly running distance between 20-60% compared to under 20% during the first 3 weeks of a half-marathon running program. In addition, this increased risk of injury seems to be even greater if you also typically run long training sessions without interval training, compared to if you typically run a shorter training session, but with more interval training.
The defence is public and takes place on 21/11 at 13 in auditoriet på sektion of sports science, Aarhus University, Dalgas Avenue 4, 8000 Aarhus. The title of the project is ProjectRun21: shedding light on running-related injuries. For more information, please contact PhD student Camma Damsted, camma@ph.au.dk: Phone +45 29928000.

Assessment committee:
Associate Professor Dorte Rytter - chairman of the committee and moderator of the defence
Department of Public Health, Aarhus University, Denmark
National Health & Medical Research Council Early Career Fellow Clare Ardern Linköbings Universitet
Division of Physiotherapy, Sweden
Associate Professor Anders Grøntved Syddansk Universitet, Institut for Idræt og Biomekanik, Denmark

Permission

By sending in this form:

- I hereby grant permission to publish the above Danish and English press releases.
- I confirm that I have been informed that any applicable inventions shall be treated confidentially and shall under no circumstances whatsoever be published, presented or mentioned prior to submission of a patent application, and that I have an obligation to inform my head of department and the university's Patents Committee if I believe I have made an invention in connection with my work. I also confirm that I am not aware that publication violates any other possible holders of a copyright.

AARHUS
UNIVERSITY