

Appendix D Short questionnaire for runners

- How many times a week - on average - did you run in the past 3 months?
 - How many times a week - on average - did you exercise apart from running in the last 3 months?
 - What score would you assign to your general endurance? (How long can you continue to perform a specific effort) *Scale 1 – 10+*
 - How sensitive are you to injuries? *Scale 1 – 10+*
 - What is your main goal in running?
 - Training for a running event
 - Training to be able to run a certain distance
 - Improving endurance, fitness
 - Enjoying exercise, social interaction, exercise in a group
 - Lose weight
 - Clear my head
 - How motivated are you to reach that goal? (0 – 100%, 100% = highly motivated)
-