

## Running Readiness Test

### Description of the Test:

- 6 tests, 1 minute in length
- 30 seconds rest in between each test
- The tests are scored on PASS or FAIL basis for each test
- Must PASS all tests
- All tests must be done with >2/10 pain level or FAIL

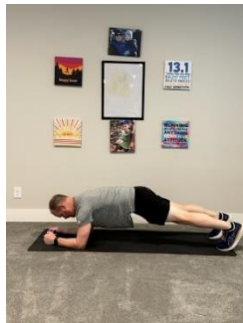
### Test #1: Hopping

- 1 min, no rest
- 180 bpm rate, set a metronome and stay on the beat with each hop
- Good upright form, keep knees apart, hop off toes
- FAIL: significant slowing, knees together, flat feet, pain
- Idea is that we need to hop in order to run, we need our spring mechanisms working and able to utilize our stored kinetic energy



### Test #2: Plank

- 1 min, no rest
- Good form, straight line, equal weight bearing, good head alignment
- FAIL: Hips too high, hips too low, weight shifting, significant muscle shaking, pain
- Idea is that we need a strong core for running. Just because you injured an ankle, that doesn't mean we neglect strengthening our core. Maybe that weakness lead to compensations down your kinetic chain to the injury of your ankle?!



### Test #3: Quick step up/downs

- 1 min, no rest
- Switch order of feet 30 seconds in
- 180 bpm, use the metronome again and match foot strike to beats
- Use 6-7" step
- Good form, knees apart, spring off toes, good trunk position
- FAIL: slowing, flat feet, knees together, pain
- The idea is the same as the hopping test, in that we need our spring mechanisms. Now we already did two other tests before, so fatigue starting come in. Why 180 bpm, see upcoming post on cadence manipulation



### Test #4: Single leg squat

- 1 min, no rest
- Switch leg 30 seconds in between
- Bend to 60 deg angle at knee
- Good form, no loss of balance, level hips, good knee alignment
- FAIL: loss of balance, hips drop, knee falls in, pain
- Idea is that running is a single leg activity, so we need to be able to control single leg squats



### Test #5: Wall Sit

- 1 min, no rest
- Good form, quads parallel to floor, upright trunk, equal weight bearing
- FAIL: forward lean, not parallel, weight shift to one side, pain
- Idea is we need strength and sustained endurance with running



### Test #6: Leap and Catch

- 1 min, no rest
- 40 bpm, hop at beat with slight pause, use metronome
- Set distance at 60% of your height
- Good form, level hips, no loss of balance, good knee alignment
- FAIL: 3 faulty patterns: loss of balance, knee inside of toes, use other foot to catch self, fail to cross line, hip drop or pain
- Idea is that running is hopping from one leg to the next, and we need have control and stability for this to occur

