



Runners Strength Assessment

Name	
Date	

CALF STRENGTH		
TEST	RIGHT	LEFT
Single Leg Calf Raise		

ADDUCTOR STRENGTH		
TEST	RIGHT	LEFT
Side Lying Leg Lift (Phase 2)		
Copenhagen Hold (Phase 3)		

QUADS STRENGTH		
TEST	RIGHT	LEFT
Single Leg Squats		

SIDE GLUTES STRENGTH		
TEST	RIGHT	LEFT
Side Plank on Knees (Phase 2)		
Side Plank on Feet (Phase 3)		

GLUTE MAX STRENGTH		
TEST	RIGHT	LEFT
Single Leg Bench Bridge		

HAMMIES STRENGTH		
TEST	RIGHT	LEFT
Single Leg Chair Bridge		