



## Resistance of outsole after compression cycles (running)

### Objective

The objective of this test is to apply compression ageing to the rear part of a shoe sole (heel), by reproducing the impacts that occur when running.

### Principle

The test consists of compressing the rear of the shoe sole 100,000 times. To do so, a rigid last is placed inside the shoe, and a cylinder applies cyclic loads to this shape. It is possible to use running type frequencies. At the end of the test, a crushing value is read. This represents the sinking of the sole. Possibly, this test might be combined with measuring the transfer coefficient (tests performed before and after ageing).

Type: [Physical and mechanical test](#)

Standard: [CTC method - CTC-P-CH-018](#)

Product: [Footwear](#)

Criteria: [Performance](#)



*Last modified on 2025-05-22*