









ANKLE MUSCLE STRENGTHENING EXERCISES

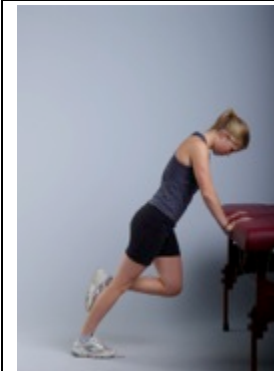
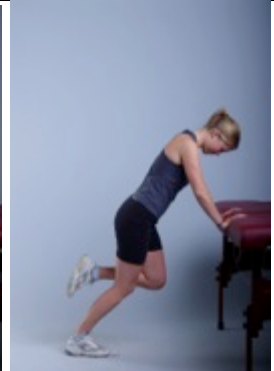
		<p>Calf Raises - Week 1</p> <p>Place both feet on the ground shoulder width apart.</p> <p>Raise up onto toes.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>
		<p>Calf Raises - Week 2</p> <p>Place one foot on the ground at shoulder width.</p> <p>Raise up onto toes.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>
		<p>Calf Raises - Week 3</p> <p>Place both feet on a step shoulder width apart.</p> <p>Raise up onto toes and completely down.</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>
		<p>Calf Raises - Week 4</p> <p>Place one foot on the ground at shoulder width.</p> <p>Raise up onto toes and completely down</p> <p>2 seconds out and 2 seconds in, control the motion throughout.</p>

Day	Sets	Reps
1	1	20
2	2	20
3	2	20
4+	3	20

ALWAYS perform these exercises **AFTER** a run!
These are the primary muscles that propel you forward while running and if these exercises are done before your run, the risk of injury increases due to fatigue.

Progress up to 3 sets of 20 repetitions over a 3-4 day period to avoid muscle soreness. Gently stretch before and after.

ANKLE MUSCLE STRETCHING EXERCISES

		<p>Calf Muscle Stretch I</p> <p>Place involved foot behind with hands against wall. Push hips forward. With knee straight stretch will be felt in calf muscle. With knee bent stretch will be felt in Achilles tendon.</p> <p>Hold this position for 20-30 seconds and perform 3 stretches of each. Switch legs and stretch again. Perform 1-2 times per day</p>
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		<p>Calf Muscle Stretch II</p> <p>Place involved heel as close to wall as possible. Stand up using opposite foot. With knee straight stretch will be felt in calf muscle. With knee bent stretch will be felt in Achilles tendon.</p> <p>Hold this position for 20-30 seconds and perform 3 stretches of each. Switch legs and stretch again. Perform 1-2 times per day</p>
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BAREFOOT TRAINING SCHEDULE

For any new training program, whether it be interval training, hills, or barefoot running, the total volume of the new program should be no more than 10% of your total volume. For example, below is a basic progression program to complement the ankle muscle-strengthening program. For each runner, the progression will vary and you should consult with a trained professional if you feel any pain, signs, or symptoms consistent with an injury. Also, seek the advise of a sports medicine professional if you are concerned about developing an injury while running barefoot. The most common areas affected, when beginning a barefoot running program, are the toes, arch, inside of your ankle, calf muscles, and/or Achilles tendon.

- Week 1 - No more than 10% of your total volume
(i.e. 1km if running about 10km that week)
- Week 2 20% of your total volume (2km)
- Week 3 30% of your total volume (3km)
- Week 4 40% of your total volume (4km)

At the end of week 4, our research shows that sufficient strength in the ankle stabilizing muscles will have been achieved which will decrease the potential for injury concomitant with the subsequent increases in barefoot running mileage.

It is recommended that you run on a level running surfaces such as a track or running path when accommodating to barefoot running. As well, asking a coach, trained in barefoot running mechanics, for advice regarding your mechanics is recommended during this period.