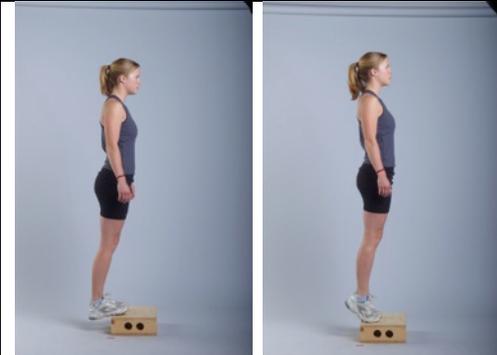


CALF MUSCLE STRENGTHENING EXERCISES

	<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 4-6</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 the 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.

There are seven muscles that generate up to 80% of the propulsive force necessary to maintain forward velocity when you run. Two of these muscles are your gastrocnemius and soleus muscles that form your Achilles tendon. The other 5 muscles are located on either side of your ankle joint and help to maintain your balance and to control foot pronation. Make sure that these muscles are good and strong in order to prevent injuries and optimize your running mechanics. This 6-week program involves 1 simple exercise per week to strengthen these important muscles.