

## Muscle Strengthening Exercises

	<p><b>Ankle Muscle Strengthening Week 1-3</b></p>
	<p>Sit with knee straight and loop elastic around foot and in away from your foot.</p>
	<p>Pull forefoot inward, do not allow leg to rotate.</p>
	<p>2 seconds out and 2 seconds in, control the motion throughout.</p>

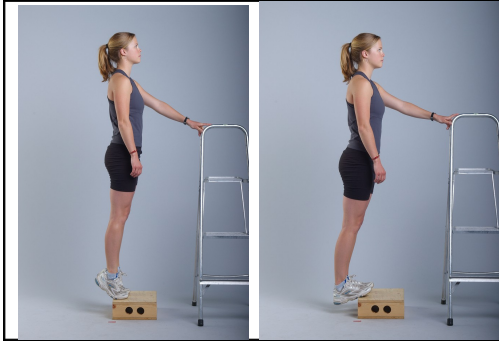
Day	Sets	Reps
1	1	10
2	2	10
3	2	10
4+	3	10

Always after or well before a run!  
Gently stretch before and after.

## Calf Muscle Strengthening Progression

	<p><b>Calf Raises - Week 1</b></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><b>Calf Raises - Week 2</b></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>

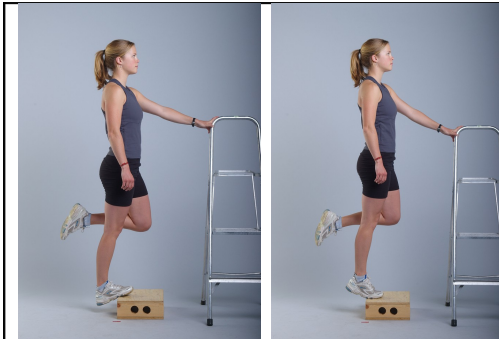


### Calf Raises - Week 3

Place both feet on a step shoulder width apart.

Raise up onto toes and completely down.

2 seconds out and 2 seconds in, control the motion throughout.



### Calf Raises - Week 4

Place one foot on the ground at shoulder width.

Raise up onto toes and completely down

2 seconds out and 2 seconds in, control the motion throughout.

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

Always after or well before a run!  
Gently stretch before and after.