

### **Soleus Raises (deep calf)**

- Stand facing the wall, on one leg with the knee bent.
- Keep knee over second toe at all times.
- Without moving hips, lift heel off floor and go onto toes, then lower.
- Do not let knee fall in.
- Go through full range, aiming for smooth movement.
- Build up to 3 x 25
- Do daily after running.



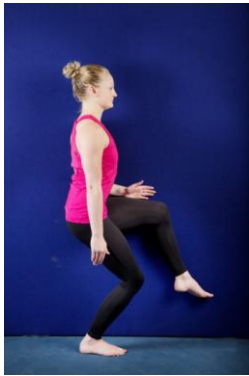
### **Gastrocnemius Raises (straight knee)**

- Stand on edge of step on one leg with knee straight
  - Fingers on wall for balance
  - Go up and down with heel, keeping knee straight
  - Go through full range with a smooth movement
  - Build up to 3 X 25
  - Do daily after running
- (Once this becomes easy, you can make it more plyometric on alternate days by going for speed upwards)



### **Single Leg Dip (Gluts and external rotators)**

- Stand side on to the wall, with feet directly under hips, and elbow on the wall, body over hip, feel that standing glut is active
- Take foot nearest to wall off floor, and turn this knee to touch wall. Maintain posture (hips do not touch the wall)
- Dip down, keeping outside knee over second toe at all times, and allowing the inside hip to slide down the wall
- Maintain tall posture
- Return to start position, with body over hips feeling gluts contract as you extend the leg
- Aim for 3 x 20-25



### **Hamstrings**

- Sitting on chair
- Perfect posture, with good lumbar arch (lordosis)
- Slowly straighten one leg, maintaining perfect posture
- Full stretch is the point just before the back starts to lose its lordosis
- Hold 30 seconds x 5

