## **MAINTAINING HEALTHY CALVES**

 FOAM ROLLERS – 5 mins of simply rolling your claves over a foam roller Place one leg on the other to increase the intensity

**Purchased from Rebel Sport** 



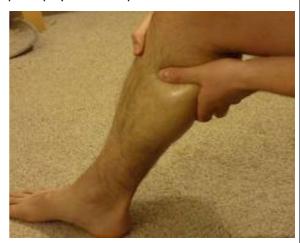
 MASSAGE STICK – 2 mins of rolling stick over your calves
 Purchased from http://www.physiosupplies.com.au



3. **TENNIS BALL MASSAGE** – 3 mins each calf – rolling up and down



4. **SELF CALF MASSAGE** – 5 mins of TV time kneading. **Of course massage therapy is best**Grab baby oil and knead away – this is perhaps your best option



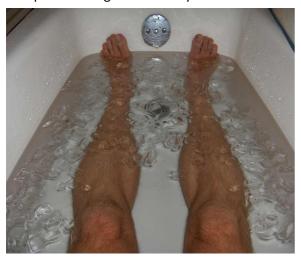
5. **CALF STRETCH** – 60 secs each leg @ 65% - no more



6. **HEAT RETAINERS** – throw it on for 20 mins before workout – equally, compression socks may work – ordinary look though



7. *ICE BATHS* – throwing your legs in cold water, or ice baths post workouts has been proven to speed healing and recovery time – 10 mins



8. **RELAXING ANKLES** – particularly on hills
Allow your heel to drop to the surface – relax
your ankle



9. FULL CALF MASSAGE
Perhaps your best option



 AVOID SAND – sand running, however good, if volume and intensity is increased too quickly, you will pay the penalty.

