

MAINTAINING HEALTHY CALVES

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

Purchased from Rebel Sport



2. **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



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



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

