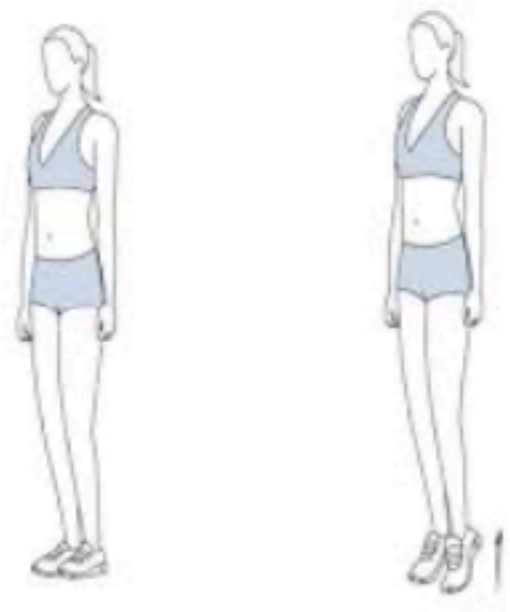
Appendix: Additional Exercises-Calf and Dorsiflexor Endurance

If you have calf or dorsiflexor weakness it will affect your running ability and hasten an injury from running.

Test yourself: A good level of calf and dorsiflexor endurance is being able to do 15-20 reps of single leg calf and dorsiflexor lifts.



Try to do 1-3 sets of 15-20 reps 3 to 5 x a week