

## Upper/Outer calf (gastrocnemius) Stretch



### **Why?**

The gastrocnemius is an often overused muscle during running. For example, 'calf-dominant' runners often overuse the gastrocnemius muscle at the expense of other more powerful muscles (quads/gluteals).

### **How?**

- Stand with feet side by side
- Take a small step back with leg to be stretched
- Keep the back leg/knee straight
- Keep the back foot pointed straight ahead (or slightly inward)
- Push the back hip forward as you keep back knee straight until a stretch is felt in the middle/upper calf of the back leg.

Sets:	2
Reps:	1
Hold:	15 second – 1 minute
Frequency:	After or between runs