



TEST YOUR RUNNING CAPACITY

Three simple checks you can do at home in under 10 minutes.

1

CALF RAISE TEST

Calf & Achilles strength

- HOW TO:** Stand on one leg with fingertips resting on a wall for balance. Rise up onto your toes over 3 seconds, then lower back down over 3 seconds. Repeat until it gets hard.
- LOOK FOR:** Count the controlled reps you get each side at that 3-up / 3-down tempo, with good height and no wobbling.
- WHY IT MATTERS:** Your calf and Achilles drive you forward and absorb load with every single step you run.

HOW YOU'RE TRACKING:

EXCELLENT

25+ reps each side

GOOD

15–24 reps each side

NEEDS WORK

Under 15, a great place to start building from

2

SINGLE-LEG SQUAT TEST

Control & balance

- HOW TO:** Stand on one leg. Bend the knee to lower into a small squat over 3 seconds, then rise back to standing over 3 seconds. Repeat 5–10 times.
- LOOK FOR:** Watch for the knee caving inward, the hip dropping, or losing your balance.
- WHY IT MATTERS:** Running is thousands of single-leg landings. Every step is a balance test.

HOW YOU'RE TRACKING:

EXCELLENT

Hips level, knee tracks over toes, no wobble

GOOD

Controlled, with the odd wobble here and there

NEEDS WORK

Knee caves or hip drops most reps, very trainable

3

POGO HOP TEST

Elastic / spring capacity

- HOW TO:** Small, quick hops on the spot, staying up on your toes with minimal knee bend, for 20–30 hops.
- LOOK FOR:** Can you keep a light, springy rhythm without your form breaking down?
- WHY IT MATTERS:** Running is controlled hopping. Your tendons store and release energy with every stride.

HOW YOU'RE TRACKING:

EXCELLENT

20–30 hops, rhythm never breaks down

GOOD

Holds together for around 15–20 hops

NEEDS WORK

Rhythm fades early, a normal starting point

Calf raise benchmarks adapted from Hébert-Losier et al., Physiotherapy (2017) and Lunsford & Perry, Phys Ther (1995). Squat and hop ratings follow standard clinical movement-quality criteria.

Not sure how you're tracking? Book a running assessment and we'll test your capacity properly.





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RACE WEEK TIPS & TRICKS

Small things that protect the work you've already put in.

FOOTWEAR & GEAR

1

Don't change shoes, socks, orthotics, gels, or lacing. If you haven't trained with it, don't race with it.

LACING TECHNIQUE

2

Heel-lock lacing can help with heel slip, top-of-foot pressure, and forefoot discomfort. Full step-by-step on the next page. Worth practising before race day.

TOENAIL TRIMMING

3

If they need trimming, do it a few days out, not the night before. Too short causes as many problems as too long.

SOCK CHOICE

4

That new pair from the expo might be great, just not this weekend. Stick with what you've run your long runs in.

TAPER SYMPTOMS VS. WARNING SIGNS

5

During taper, heavy legs, tight calves and feeling flat are normal recovery. Not normal: sharp pain, a limp, or pain that worsens as you run.

"You've done the hard work. The next 48 hours are about protecting it, not changing it."

**Questions about shoes, strength, or niggles? We're always happy to help.
Reach out any time.**



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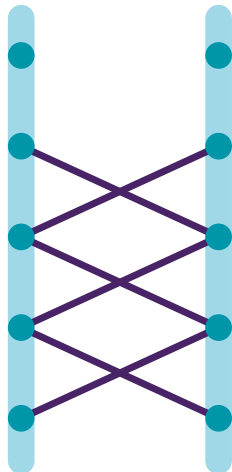


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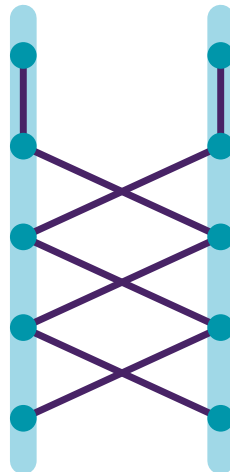
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THE HEEL-LOCK LACING TRICK

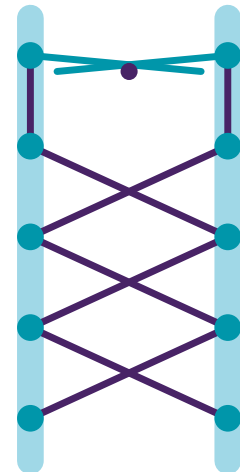
Stops heel slip and top-of-foot pressure. Practise it before race day, not on it.



1. Lace normally up to the second-last eyelet on each side.



2. Thread each end straight up into the top eyelet on the same side, forming a loop.



3. Cross the ends through the opposite loop and pull down to cinch, then tie as normal.

WHY IT WORKS

The loops at the top eyelets act like a strap around your ankle instead of just pulling laces straight down the front of your foot. That locks your heel into the back of the shoe so it can't slide up and down, which is what usually causes blisters, heel slip, and pressure on top of the foot over a long run.

Try it on an easy run this week. Don't test a new lacing setup for the first time on race day.

OTHER QUICK LACING FIXES

Pressure across the top of your foot

Skip that eyelet entirely (lace straight past it) instead of pulling tight across the sore spot.

Numb or tingly toes on long runs

Your laces are usually too tight overall, not too loose. Loosen the front half and re-tie.

Want us to check your lacing, fit, or shoe choice in person? Book a running assessment any time.



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START YOUR STRENGTH PROGRAM

Three moves to begin building the capacity you just tested. No gym required.

3 SETS X 8 REPS, 2 REPS IN RESERVE, EACH SIDE

60 seconds rest between sets

Reps in Reserve (RIR): stop each set with about 2 reps still left in the tank, not pushed to failure. If you could have done 10 reps but stopped at 8, that's 2 RIR.

1

SINGLE-LEG CALF RAISE

Builds on Test 1

HOW TO: Fingertips on a wall for balance. Rise onto your toes over 3 seconds, then lower back down over 3 seconds.

WHY: The same movement you just tested, now used as training for your calf and Achilles.

2

BULGARIAN SPLIT SQUAT

Builds on Test 2

HOW TO: Rear foot up on a bench or step behind you. Lower under control until your front thigh is close to parallel, then drive back up.

WHY: Loads the knee and hip control you tested in the single-leg squat, through a bigger range.

3

B-STANCE RDL

Fills the gap

HOW TO: Staggered stance, back foot on its toes just behind and to the side for balance. Hinge at the hips with a flat back, weight mostly through the front leg, then stand tall.

WHY: Trains the hamstrings and glutes, the strength most runners are missing, without the balance demands of a full single-leg RDL.

WATCH THE DEMOS — SEE NEXT PAGE FOR VIDEO LINKS

Want a program built around your own testing results? Book a running assessment and we'll set it up with you.



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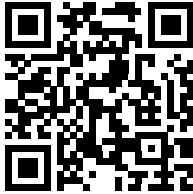
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VIDEO DEMOS

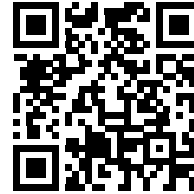
Scan any QR code to watch the exercise or technique on YouTube.

LACING TECHNIQUES



Skip Lacing

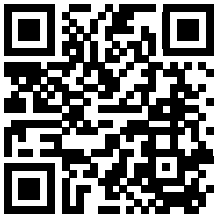
For top-of-foot pressure relief



Lock Lace

Heel-lock lacing technique

STRENGTH EXERCISES



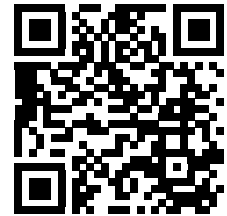
Single Leg Calf Raise

Builds on Test 1



Bulgarian Split Squat

Builds on Test 2



B-Stance Deadlift

Fills the gap