The Quadriceps and Calves are the Weight-Bearing Muscles

5k = Sore Calves

- Calves/Achilles fight 2x body weight (stabilize a “fall”)

Marathon = Sore Quads

- Quadriceps fight 2x body weight (stabilize a “fall”)
- Hamstrings fight 0.1x body weight: (lift one leg)

Eccentric Contraction (calves / quadriceps)

- Fibers “dragged” longer
- Fibers “pull” themselves shorter

Concentric Contraction (hamstrings)