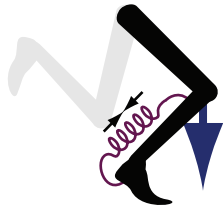


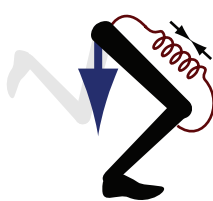
The **Quadriceps** and **Calves** are the **Weight-Bearing** Muscles

5k = **Sore Calves**

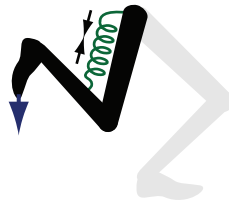


Calves/Achilles fight
2x body weight
(stabilize a "fall")

Marathon = **Sore Quads**



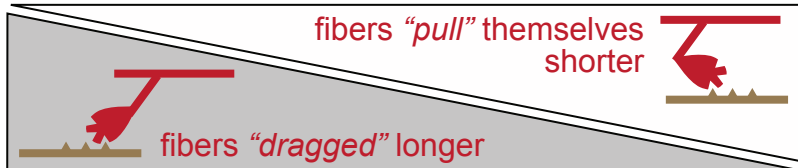
Quadriceps fight
2x body weight
(stabilize a "fall")



Hamstrings fight
0.1x body weight:
(lift one leg)

Practically Science.com

Eccentric Contraction
(**calves** / quadriceps)



Concentric Contraction
(**hamstrings**)

