

ACHILLES TRAINING MENU

Overview:

- The achilles tendon is the strongest and thickest tendon in the body, that has tremendous implications in sport and function.
- The summation of the tendons of the gastroc and soleus, forming a common tendon that inserts at the calcaneus.
- Substantial potential for elastic energy storage, thus, can be fairly commonly torn/ruptured acutely.
- Training the foot/ankle/calf complex, should include a spectrum of load applications, tempos, and force vectors.

When we consider most sport requirements, the mechanical demands of the foot/ankle/calf complex often include three primary things: bending in extreme ranges of motion, absorb/transfer/dissipate enormous amounts of force, provide elastic strength. This is therefore what we want to emphasize in our training selection. Because of the varying roles and responsibilities of the achilles in action, we need to utilize a spectrum of movements and force/stress application in training. The progressive phases below include this spectrum of load application.

Early Phase	Foundational Strength	Advanced Strength
Depth Jump	MB Accel Depth Jump	Rebound Depth Jump
<ul style="list-style-type: none"> -Drift, don't jump, off box -Hands & feet together; big chest -Find your midfoot, establish center of pressure & in a position to move 	<ul style="list-style-type: none"> -Drift, don't jump, off box -Hands & feet together; big chest -Find your midfoot, establish center of pressure & in a position to move 	<ul style="list-style-type: none"> -Start heels off box, think hands & feet together -Foot pressure towards ball of toes -Goal is minimal ground contact between land & jump
Band Assist Pogo Hop	Band Split Jumps	Reactive Depth to Box Clear
<ul style="list-style-type: none"> -Think "rhythm" not "jump" -Smack feet by plantar flexing upon ground contact -Allow bands to support upper half 	<ul style="list-style-type: none"> -Be sure to jump vertically, not just switch legs/feet -Arms stay long, allow bands to pull down -Accelerate through tension at top 	<ul style="list-style-type: none"> -Think "rhythm" not "jump" -Smack feet by plantar flexing upon ground contact -Don't forget the arms!
SL Band Inertia	KB/Band Accel. Lunge	LM SL Lateral RXT Bounds
<ul style="list-style-type: none"> -Squeeze heels into ball -Grip toes into surface -Push heels down at end range 	<ul style="list-style-type: none"> -Start tall w/ long arms -Allow tension to pull you forward -Think "stick" w/ front foot 	<p>Note: Suspended load not required!</p> <ul style="list-style-type: none"> -Big chest and long arms -Load the hip not the knee
Reverse Mini-Band Walk	BB Drop to Split	BB OH Dynamic March
<ul style="list-style-type: none"> -Stay tall, stiff upper half -Stay on forefoot, heels stay up -Work at angles, drive through band tension 	<ul style="list-style-type: none"> -Start tall on balls of feet -Attack down, chest stays up -Think like a brick hitting concrete 	<ul style="list-style-type: none"> -Long arms, ribs down -Load lats not traps overhead -Attack the ground, land firm

****NOTE:** For exercises involving plyo box, I recommend counterbalancing the box with weight, or having someone put their foot on the box to prevent box tipping.

****NOTE:** Advanced variations should not be performed by novice or injured athletes.