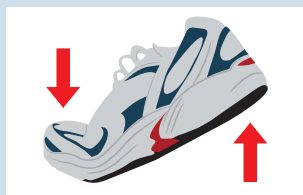


1 MONTH TO ...LOOSER CALVES

Tight calves can cause pain and stiffness during, or after, a run. "Don't ignore minor aches," says podiatrist Dr Stephen Burchfield (drfoot.co.uk). "Tight calves are a risk factor for Achilles tendonitis." Here's how to loosen the knots.

1 Check your shoes
"A sole that's too stiff can lead to calf muscle tension," says Burchfield.



2 Prime your calves
Stand facing a wall, one leg behind you and one slightly bent in front. Lean forward, hands flat on the wall. Lift the other leg and use your arms to gently twist your torso - it's a great multi-muscle stretch.



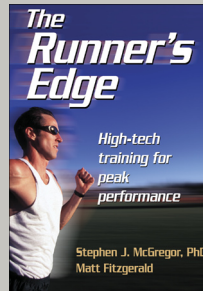
3 Stretch it out
Sit on the floor with one leg out in front and the other leg bent, foot tucked under the opposite thigh. Lean forward and hold your foot, pulling it towards you, keeping the leg straight. Hold for 30 seconds. Repeat on other leg.



THIS MONTH'S WARM-UPS CONTRIBUTORS:
ANNA DOWNING, ED EYESTONE, KERRY MCCARTHY, RUTH EMMETT, MICHELLE HAMILTON

DECEMBER

1 Make the most of your speed and distance monitor with **THE RUNNER'S EDGE: HIGH-TECH TRAINING FOR PEAK PERFORMANCE** by Stephen McGregor and Matt Fitzgerald (£13.99, Human Kinetics) out today. It examines the various devices, and the advantages of analysing your results.



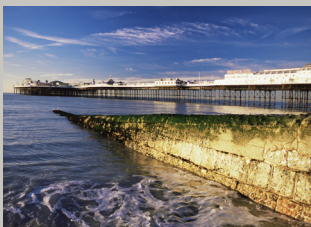
5 If you want to see running from a new perspective, why not become a marshal? Today is **INTERNATIONAL VOLUNTEER DAY**, and by helping out at a race you get to experience the fun without the pre-race nerves. You could even bag a free place at the next race. (And check out our feature on page 78 for other ways to give something back.)



13 RW favourite Jessica Ennis is guaranteed a warm welcome at this year's **BBC SPORTS PERSONALITY OF THE YEAR**. The awards take place on her home turf, at the Sheffield Arena. Tickets cost £35, from **sheffieldarena.co.uk**. The event will be screened live on BBC1.



30 Embrace New Year by joining the **BRIGHTON FITNESS WEEKEND**, from January 29 to 31. On offer are circuits, hiking, core fitness, running, hill training, boxercise, group games, and strength and resistance training. Book at **brightonfitnessweekends.co.uk**.



2 Bored of protein shakes? **EGGNOG** is a festive alternative. Beat together 12 egg yolks and 200g sugar. Add 900ml milk (and an optional slug of bourbon or brandy) and mix well. Just before serving, whisk the 12 leftover egg whites into peaks, before folding them into the egg yolk mix with 500ml whipped double cream. Add cinnamon and nutmeg to taste.



6 Want to encourage friends and family to get a bit more active? Test the waters together at the **SANTA STROLL** - a leisurely, two-and-a-half mile fancy-dress walk around Smithills Hall and Country Park in Bolton. It's along a gentle route, and is in aid of the Cystic Fibrosis Trust. Enter at **cftrust.org.uk**.



25 A great Christmas superfood, **CHESTNUTS** are a source of manganese, potassium, magnesium and iron. To caramelise them, melt a knob of butter and sauté 200g of chestnuts until brown. Add 3 heaped tbsp soft brown sugar and stir until melted. Add 1tbsp balsamic vinegar, cook for another two minutes - and eat.



31 Run from one year to the next at the **NEW YEAR'S EVE MIDNIGHT FUN RUN** in Derbyshire, starting at 11.55pm. After completing the 2km course and gaining your first PB of the year, you'll have time for some champagne before the sun comes up. Enter at **runningwithdavid.com**.

