

# super stretchy sport socks

*slip on and slip out!*

**Materials:** approximately 300m of a cotton-elastic blend yarn in a fine weight. We used Needful Yarns Dubai Stretch (85% Viscose, 15% Elite) in white and green for one pair and Katia Cotton Comfort (84% Cotton, 16% stretch nylon) in white and turquoise for another pair. You can make your socks in one colour; instructions are given for two colours, a main colour (MC) and a contrast colour (CC). You will also need two stitch markers.

**Needles:** 3.0 mm (or needle size that achieves gauge) double pointed needles or two circulars

**Gauge:** 28 – 30 sts over 10cm unstretched

## Knitting Abbreviations:

**PM:** place marker (slip marker onto right hand needle)

**SM:** slip marker (from LHN to RHN)

**Kf&b:** knit into the front and back of the next stitch to make one increase

**SL1:** slip next stitch purlwise from your LHN to your RHN

**LHN:** left hand needle

**RHN:** right hand needle

**RM:** remove marker

**K2tog:** knit next two stitches together (decrease)

**P2tog:** purl next two stitches together (decrease)

**SKPSSO:** Slip one st, knit next st, pass slipped stitch over (knit stitch)

**Cast on** 56 sts in CC and transfer over needles so that you have a multiple of 4 sts on each needle. **If working on dpns**, you might have stitches arranged on needles this way: 20sts/20sts/16sts. **If working with two circs**, you can have 28 sts on each needle. Check to ensure that your stitches are not twisted before joining in the round.

**Cuff:** Work in K2, P2 ribbing for 1.5 - 2 inches. (Optional: You can add a two row stripe of the MC to the cuff in the middle.)

**Heel Flap:** set up the heel flap by knitting the first 28 sts onto one needle and leave the rem 28 sts on hold. Turn, so that the wrong side (inside) is facing for next row.

**Row 1:** \*SL1, P1\* Rep from \* to \* for rem of row.  
Turn.

**Row 2:** SL1, K rem sts in row (only slip the first st; knit all the rest across the row.) Turn

Rep rows 1 & 2 above 14 times, then work one more Row 1 (33 rows for the heel flap.)

**Turning the Heel** (these instructions include a reinforcement technique under the heel of the sock. Follow the “slip 1” instructions carefully.)

**Row 1: (RS)** SL1, K15, K2tog, K1. Turn (you still have 9 sts unworked on LHN before turning. That’s okay.)

**Row 2: (WS)** (SL1, P1) 3 times, P2tog, P1. Turn (9 sts)

**Row 3: (RS)** SL1, K6, K2tog, K1. Turn (7 sts)

**Row 4: (WS)** (SL1, P1) 4 times, P2tog, P1. Turn (7 sts)



**Row 5: (RS)** SL1, K8, K2tog, K1. Turn (5 sts)  
**Row 6: (WS)** (SL1, P1) 5 times, P2tog, P1. Turn (5 sts)  
**Row 7: (RS)** SL1, K10, K2tog, K1. Turn (3 sts)  
**Row 8: (WS)** (SL1, P1) 6 times, P2tog, P1. Turn (3 sts)  
**Row 9: (RS)** SL1, K12, K2tog, K1. Turn (1 sts)  
**Row 10: (WS)** (SL1, P1) 7 times, P2tog, P1. Turn (1 sts)  
**Row 11: (RS)** SL1, K14, K2tog. Turn (0 sts)  
**Row 12: (WS)** (SL1, P1) 7 times, SL1, P2tog. Turn (0 sts)  
**Row 13: (RS)** SL1, K15. (16 stitches form the base of your heel flap.)

### Heel Gusset:

Cut CC, change to MC and pick up 16 sts along edge of heel flap (have the right side of your sock facing and pick up stitches from the heel edge up to the top of your sock, moving from the right to the left. Knit across the 28 instep stitches (top of your sock) and pick up another 16 sts along next heel edge.

**If working on dpns**, PM and continue to knit half of the heel stitches (8 sts) onto the same needle. Pick up an empty dpn and knit the rem 8 heel sts, PM and continue to knit 13 sts from the next needle, stopping when there are still 3 sts left. Continue on to Rnd 1 instructions on next page. You will have a total of 76 sts on three needles (24sts/28sts/24sts).

**If working on two circs**, after you pick up your second set of 16 heel sts, PM, continue to knit across 16 heels sts, PM, continue to knit 13 sts from first heel side, stopping when there are still 3 sts left. Continue on to Rnd 1 instructions on next page. You will have a total of 76 sts on two needles (48 on the “heel” side needle and 28 on the instep needle.)

**Rnd 1:** Knit to last three stitches of first heel side (three stitches before instep needle) and K2tog, K1. Knit across instep needle (no decreases). On the next needle (second heel side): K1, SKPSSO, knit remaining stitches up to first heel marker.

**Rnd 2:** SM, (K1, SL1) 8 times, SM, knit all stitches (no decreases) for rem of rnd (back to the first heel marker).

**Rnd 3:** SM, K16, SM, knit to last three sts before instep needle and K2tog, K1. Knit across instep needle (no decreases). On the next needle (second heel side): K1, SKPSSO, knit remaining stitches up to first heel marker.

Rep rnds 2 & 3 until there are a total of 28 sts on the heel needle(s) and 28 remain on the instep needle(s). You have 56 stitches in total on your sock. Remove the stitch markers on your heel and continue knitting in the round (no further decreases, no slipped stitches) until you are 3.5 inches short of the length of your foot.

### Optional: reinforcing the section under the ball of your foot:

**Rnd 1:** Place two stitch markers on either side of the middle 16 stitches on the bottom of your sock.



To measure, try your sock on your foot

### Reinforcement Rnds:

**Rnd 2:** Knit up to the first marker, SM, (SL1, K1) 8 times, SM, knit all rem stitches in rnd.

**Rnd 3:** Knit up to the first marker, SM, K16, SM, knit all rem stitches in rnd.

Rep rnds 2 and 3 for half an inch, then continue with reinforcement rnds **and** switch back to contrast colour (sock foot is approx 3 inches short of foot length.)

When sock is 1.5 inches short of foot length, you will remove the markers, discontinue the reinforcement rnds and begin toe decreases. **If working on dpns**, arrange your sts so that the bottom of your sock is split evenly between two needles (14 sts each) and the top (instep) of your sock is one needle. Starting from the bottom centre your sts will be in this order: 14sts/28sts/14sts. Work your way around to the first needle (you



Stitch markers guide reinforcement rnds

should be in the middle of the bottom of your sock) before you start the toe decreases (below).

**If working on 2 circs**, you should have 28sts on each needle, one needle holding all the bottom side sts and one needle holding all the top side sts. It may be helpful to put a stitch marker in the centre of your bottom stitches (to mark the middle). Work your way around to the stitch marker (or the middle of the bottom of your sock) before you start the toe decreases (below).



Your round begins at the centre of the bottom of your foot

**Begin Toe decreases:**

**Rnd 1:** knit to last three sts on the heel needle, K2tog, K1. On the instep needle, K1, SKPSSO, knit to the last three sts, K2tog, K1. On the next needle (second heel side): K1, SKPSSO, knit remaining stitches (or up to centre stitch marker)

**Rnd 2:** knit all stitches on all needles

Rep Rnds 1 and 2 above until half the stitches remain (28 in total). Then work Rnd 1 only (decrease every rnd) until 8 sts remain in total.

**Finishing:** Cut yarn, leaving an 8 inch tail and graft rem sts together using Kitchener Stitch. Weave in ends, wash socks to check for shrinkage and wear!