



So Sporty Socks

#so_sporty_socks

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ABBREVIATIONS

RS - Right Side
WS - Wrong Side
st (sts) - stitch (stitches)
k - knit
p - purl
sl - slip
wyif - with yarn in front
wyib - with yarn in back
R - Row
dst - double stitch
k2tog - knit 2 together
ssk - slip, slip, knit
p2tog - purl 2 together
ssp - slip, slip, purl
tbl - through the back loop

Yarn

Any standard sock yarn (fingering weight)
400-420 m /100 gr.

Sample used: Arwetta Classic in the Avocado shade

Needle size

2.0 mm or bigger

Sample used: ChiaoGoo Red Lace 2.0 mm

Gauge

44 stitches & 66 rows
in 10 cm

Sample used: ChiaoGoo Red Lace 2.0 mm

Materials

Second set of circular needles (for joining the cuff)

Crochet hook (for provisional cast-on)

Stitch markers

Tapestry needle

This pattern is designed
for circular needles, but you can
easily adjust it for
double-pointed needles



A BRIEF INTRODUCTION BEFORE WE START.

This is my first pattern, and I decided to create it as a detailed textual support to accompany a very thorough video tutorial (2 parts), the links to which you will find below.

This pattern is more of a tutorial where I focus a lot on knitting a sporty cuff with a heel tab, rather than a guide for multiple sizes.



So Sporty Socks are knit from the cuff down to the toe.

First, we will make a provisional cast-on, knit the beginning of the cuff, work the heel tab using short rows, finish the second part of the cuff, and join the provisional cast-on with the main stitches.

Then, we will knit the reinforced heel with a gusset, start the main pattern, knit the arch support element, continue the pattern, and finish with a wedge toe.

I've made a detailed video covering all the steps of knitting these socks. It turned out to be quite long! For your convenience, I've divided it into two parts (still pretty long - I need to work on being more concise! :).

In the pattern description, I've included links to specific timestamps in both parts of the video to make it easier for you to jump right to the needed sections. However, I recommend watching both parts in their entirety (even if you fast forward a bit :)) to get a complete overview of the process.



For the best viewing experience, please select the highest video quality by clicking the gear icon (settings) on the video player and choosing the highest resolution available.

Video Part #1 - detailed instructions for knitting the cuff with heel tab
<https://youtu.be/fOROocESNSc>

Video Part #2 - reinforced heel with gusset, beginning of the pattern, arch support element, continuation of the pattern, wedge toe and closing the toe with Kitchener stitch
<https://youtu.be/6CbfG0H7Fsg>





In this pattern, the main stitch count is 72 stitches. You can cast on any number of stitches that you are comfortable with, as long as it is a multiple of three. This is important because the pattern repeat on the front part of the sock consists of three stitches (and two rows).

PROVISIONAL CAST-ON

Using a crochet hook, waste yarn, and knitting needles, cast on 72 stitches (or any other multiple of three).

Knit one row straight in stockinette stitch. This is a setup row; it does not count in the total row count.

Join to knit in the round.

Watch the video from this moment
<https://youtu.be/fOROocESNSc?t=85>
until the 5:00 min point

FIRST PART OF THE CUFF

R 1-11: Knit in the round with knit stitches

HEEL TAB

Reset the row counter - the count starts over.
This section is worked on the first needle (the same needle used later for the heel) using short rows.

The height and width of the heel tab can be adjusted by increasing or decreasing the number of stitches not involved in knitting or the turning points.

In the sample, I made 4 turning points and 5 stitches on each side of the first needle not participate in knitting.

Watch the video from this moment
<https://youtu.be/fOROocESNSc?t=374>
until the 29:30 min point

R1 (RS): knit to the last 5 sts on the needle. Turn work to the WS

R2 (WS): sl 1 wyif, pull the yarn to the back to create a dst. Tighten the stitch, holding it with your finger, and purl the next stitch. Purl to the last 5 sts on the needle. Turn work to the RS.

R3 (RS): sl 1 wyib, pull the yarn to the front to create a dst. Hold it with your finger and knit the next st. Knit to the dst (clearly visible on the needle). Turn work to the WS.

R4 (WS): sl 1 wyif, pull the yarn to the back to create a dst. Tighten the stitch, holding it with your finger, and purl the next st. Purl to the dst. Turn work to the RS.

R5 (RS): sl 1 wyib, pull the yarn to the front to create a dst. Hold it with your finger and knit the next st. Knit to the dst. Turn work to the WS.

At this point, you should have 5 sts on each side of the needle not involved in the work and 2 dst on each side (2 turning points).

R6 (WS): sl 1 wyif, pull the yarn to the back to create a dst. Tighten the stitch, holding it with your finger, and purl the next st. Purl to the dst. Turn work to the RS.

R7 (RS): sl 1 wyib, pull the yarn to the front to create a dst. Hold it with your finger and knit the next st. Knit to the dst. Turn work to the WS.

R8 (WS): sl 1 wyif, pull the yarn to the back to create a dst. Tighten the stitch, holding it



with your finger, and purl the next st. Purl to the dst. Turn work to the RS.

Attention: *Starting from this row, we will begin to knit the double stitches, turning them into triple stitches.*

R9 (RS): sl 1 wyib, pull the yarn to the front to create a dst. Hold it with your finger and knit the next st.

Check: *Now you should have 5 sts not involved in the work and 4 double stitches on each side of the needle (4 turning points).*

K to the nearest dst. Knit it as a normal knit stitch through the front loop. Make sure to knit both legs of the dst. Turn work.

R10 (WS): sl 1 wyif, pull the yarn to the back to create a **triple** stitch. *If you look closely at the stitch, you will see it now has three legs.* Hold it with your finger, purl the next st. Purl to the dst. Purl the dst through the back loop. Make sure to knit both legs of the dst. Turn work.

R11 (RS): sl 1 wyib, pull the yarn to the front to create a triple stitch. Hold it with your finger and knit the next st. Knit to the triple stitch. Knit the triple stitch through the front loop. Knit the next (double stitch) through the front loop. Turn work.

R12 (WS): sl 1 wyif, pull the yarn to the back to create a triple stitch. Hold it with your finger, purl the next st. Purl to the triple stitch. Purl the triple stitch through the back loop. Make sure to catch all three legs of the triple stitch. Purl the next (double stitch) through the back loop. Turn work.

R13 (RS): sl 1 wyib, pull the yarn to the front to create a triple stitch. Hold it with your finger and knit the next st.

Check: *Now you should have 5 sts not involved in the work, 2 double stitches, and 2 triple stitches on the needle.*

Knit to the triple stitch. Knit the triple stitch through the front loop. Knit the next (double stitch) through the front loop. Turn work.

R14 (WS): sl 1 wyif, pull the yarn to the back to create a triple stitch. Hold the stitch with your finger, purl the next st. Purl to the triple stitch. Purl the triple stitch through the back loop. Make sure to catch all three legs of the triple stitch. Purl the next (double stitch) through the back loop. Turn work.

R15 (RS): sl 1 wyib, pull the yarn to the front to create a triple stitch. Hold it with your finger and knit the next st. Knit to the triple stitch. Knit the triple stitch through the front loop. Knit the next (double stitch) through the front loop. Turn work.

R16 (WS): sl 1 wyif, pull the yarn to the back to create a triple stitch. Hold the stitch with your finger, purl the next st. Purl to the triple stitch. Purl the triple stitch through the back loop. Make sure to catch all three legs of the triple stitch. Purl the next (double stitch) through the back loop. Turn work.

Attention: *The next row will be worked in the round. You can reset the row counter. This row will be the first of 11 rows for the second part of the cuff.*

SECOND PART OF THE CUFF

R1: sl 1 wyib, pull the yarn to the front to create a triple stitch. Hold it with your finger and knit the next st. Knit to the triple stitch. Knit the triple stitch through the front loop. Knit the last 5 sts on the first needle and all sts on the second needle.

R2: knit the first 5 sts. Knit the last remaining triple stitch through the back loop. Knit to the end of the row.

R3-11: Knit in the round.



TRANSFERRING PROVISIONAL CAST-ON STITCHES TO SECOND SET OF NEEDLES AND JOINING ROW

Watch the video from this moment
<https://youtu.be/fOROocESNSc?t=1775>
until the end of video

Unravel the chain of stitches from the waste yarn until you reach the first stitch of the main yarn. Insert the needle into this stitch and unravel the waste yarn stitch. Continue this process, inserting the needle into each subsequent main yarn stitch while unraveling the waste yarn stitch, until all stitches are transferred to the needles. Distribute the stitches evenly between the first and second needles. Ensure the total stitch count matches the original.

Now, the main knitting is on the first set of needles, and the cast-on stitches are on the second set of needles.

Fold the cuff inward and pull the needles with the cast-on stitches inside. Align the first needle of the main knitting with the first auxiliary needle.

Knit together the stitches from both needles in pairs. This will join the stitches from both sets of needles.

Knit 4 more rows in stockinette stitch.

The cuff with the heel tab is now complete.

HEEL FLAP (reinforced)

The heel is worked back and forth on the stitches of the first needle.

I usually knit the heel on an odd number of stitches, so I transfer the last of 36 stitches from the first needle to the second needle
Watch the video from this moment
<https://youtu.be/6Cbfg0H7Fsg?t=36>
until the 0:56 sec point

The number of rows for the heel flap equals the number of stitches on the needle. If you have an odd number of stitches, knit one extra row.

In the sample, there are 35 stitches on the needle, so the total number of rows will be $35 + 1 = 36$.

R1 (RS): k1 (on the first row, knit the first stitch, in subsequent rows, slip it), *sl 1, k1*, repeat from * to * to the last stitch. Purl the last stitch. Turn work.

R2 (WS): sl 1 wyib, purl to the end of the row. Turn work.

R3 (RS): sl 1 wyib, *sl 1, k1*, repeat from * to * to the last stitch. Purl the last stitch. Turn work.

R4 (WS): sl 1 wyib, purl to the end of the row. Turn work.

Repeat **R3** and **R4** until you have completed the required number of rows (a total of 36 rows).

HEEL TURN

R1 (RS): sl 1, k21, k2tog (turn the next 2 stitches so they are oriented with their right legs forward and knit them together through the front loops), k1. Turn work.

R2 (WS): sl 1 wyif, p10, p2tog tbl (turn the next 2 stitches so they are oriented with their right legs backward and purl them together through the back loops), p1. Turn work.

At the decrease points, a gap will form between the stitches - use this as a guide.
Make decreases in each row by taking one



stitch before the gap and one stitch after the gap. This way, the stitches at the edges of the needle will decrease, while the central stitches remain unchanged.

Repeat R1 and R2 until all stitches on the sides of the central stitches have been decreased. For 35 stitches on the needle, this will be 12 rows.

PICKING UP STITCHES ALONG THE HEEL FLAP

You need to pick up stitches along each side of the heel flap. The number of stitches to pick up should be half the number of rows worked on the heel flap.

I always pick up two additional stitches to prevent gaps at the junction of the needles. In the sample, the heel flap consists of 36 rows. Therefore, I picked up 18 + 2 stitches on each side.

Pick up stitches from the bars between the edge stitches.

Watch the video from this moment

<https://youtu.be/6Cbfg0H7Fs9?t=798>
until the 21:02 min time point.

Instructions:

sl 1, knit all stitches on the needle.

Place a marker for convenience, pick up 18 + 2 stitches along the heel flap edge.

Knit the stitches on the second needle.

Place a marker, pick up 18 + 2 stitches along the other side of the heel flap.

Knit across the remaining stitches (heel turn, picked-up stitches from one side, and second needle stitches).

Stop at the beginning of the first needle.

GUSSET AND PATTERN

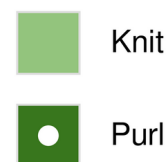
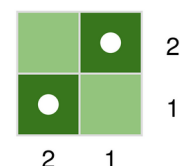
To form the gusset, decrease part of the picked-up stitches on the first needle so that

the stitch count returns to the original number on this needle. On the second needle (the front part of the sock), work the pattern.

Gusset decreases are made every other row - in each odd-numbered row.

Note: For those who transferred one stitch from the first needle to the second needle before starting the heel, this stitch remains on the second needle (first stitch of the needle) and is not involved in the pattern. Until the gusset is complete, knit this stitch as a knit stitch, and work the rest of the stitches on this needle in the pattern!

Pattern Chart



R1:

First needle - k1, ssk, knit to the last 3 sts, k2tog, k1.

Second needle (first row of pattern repeat): k1, *k1, p1*, repeat from * to * to the end of the second needle.

R2:

First needle - knit all stitches.

Second needle (second row of pattern repeat): k1, *p1, k1*, repeat from * to * to the end of the second needle.

Repeat R1 and R2 until the stitch count on the first needle returns to the original number (in the sample, this is 28 rows).

Note: For those who transferred one stitch



from the first needle to the second needle before starting the heel. In the last row of gusset decreases, you can return this stitch to the first needle: at the beginning of the second needle, knit 1, then transfer it to the first needle. Knit the stitches on the second needle according to the pattern.

The gusset is complete.

PATTERN START, ARCH SUPPORT AND PATTERN COMPLETION

Since this model includes an arch support element, you'll need to estimate how many rows of the pattern to knit before the arch support and how many after, up to the toe. The number of rows will vary for each case.

In the sample, after the gusset and the first part of the pattern, 15 rows of the pattern + 2 rows of stockinette stitch, 17 rows of arch support (2x1 ribbing) + 2 rows of stockinette stitch, and another 27 rows of the pattern were knitted.

Before the arch support, knit the stitches on the first needle in stockinette stitch and the stitches on the second needle in the pattern.

PATTERN START

R1:

First needle: knit all stitches.

Second needle: *k1, p1*, repeat from * to * to the end of the needle.

R2:

First needle: K all stitches.

Second needle: *p1, k1*, repeat from * to * to the end of the needle.

Alternate R1 and R2 to the desired length (in the sample - 15 rows).

Knit 2 rows in stockinette stitch.

ARCH SUPPORT

Knit the required number of rows in 2x1 ribbing (k2, p1). Finish with 2 rows in stockinette stitch.

PATTERN COMPLETION

R1:

First needle: knit all stitches.

Second needle: *k1, p1*, repeat from * to * to the end of the needle.

R2:

First needle: K all stitches.

Second needle: *p1, k1*, repeat from * to * to the end of the needle.

Alternate R1 and R2 until you reach the beginning of the toe (in the sample - 27 rows).

In most cases, I start the toe when the pinky toe is just covered.

TOE

This model uses a wedge toe, which is shaped with decreases at the beginning and end of each needle in specific rows. The entire toe is knitted in stockinette stitch.

I typically use the following toe decrease sequence:

R1-4: Knit all stitches.

R5: Decreases:

First needle: k1, ssk, knit to the last 3 sts, k2tog, k1.

Second needle: k1, ssk, knit to the last 3 sts, k2tog, K1.

R6-8: Knit all stitches.

R9: Decreases (same as **R5**).

R10-11: Knit all stitches.

R12: Decreases (same as **R5**).

R13: Knit all stitches.



R14: Decreases (same as R5).

R15: Knit all stitches.

R16: Decreases (same as R5).

R17: Knit all stitches

R18 and subsequent rows

Decrease every row (same as **R5**).

Continue decreasing until 28 stitches remain on the needles (14 on each needle).

GRAFTING THE TOE

Use **Kitchener** stitch to graft the toe closed:

Align the stitches from both needles parallel to each other. The needle is inserted into the stitches alternately from front and back.

This method may seem complex initially, and knitters often come up with tricks to make it easier and avoid getting confused.

I use the following formula. In fact, until I got this action down to automatic, I even said it out loud while grafting the toe))

Watch the video from this moment

<https://youtu.be/6CbfG0H7Fsg?t=2231>

until the 21:02 min time point.

KITCHENER

Front needle:

Needle through the stitch from front to back - slip off.

Needle through the next stitch from back to front - leave on.

Back needle:

Needle through the stitch from back to front - slip off.

Needle through the next stitch from front to back - leave on.

And continue as follows:

Front needle:

- From front to back - slip off.
- From back to front - leave on.

Back needle:

- From back to front - slip off.
- From front to back - leave on.

Alternate between the needles until all stitches are grafted.

Weave in the yarn ends on the wrong side.



Your #so_sporty_socks are ready!





Thank you so much for choosing this pattern!

I hope you enjoy knitting your pair of So Sporty Socks as much as I enjoyed creating the pattern.

I'd love to see your finished socks, so please tag me on Instagram [@keenwhale](https://www.instagram.com/keenwhale) and use the hashtag [#so_sporty_socks](https://www.instagram.com/explore/tags/so_sporty_socks).

Don't forget to visit my website [keenwhale.com](https://www.keenwhale.com) for more patterns and updates.

If you have any questions, comments, or suggestions, I'm always happy to help.

You can reach out to me on Instagram or via email at info@keenwhale.com

Happy knitting!

