

# The Art Of Running Raising Your Performance With The Alexander Technique By Andrew Shields

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"Über den Autor und weitere Mitwirkende Malcolm Balk has taught sell-out Art of Running workshops for the past 15 years. These have helped thousands of people improve their running technique. They have also taken him all over the world, most recently to Australia, England, and Amsterdam. Andrew Shields is the Sports Editor of London's Time Out magazine and with Malcolm Balk is the coauthor of Master the

Art of Running and Master the Art of Working Out (both Collins & Brown). He has twice been a runner-up in the British Sports Journalism Awards and is a former nationally ranked triple jumper."

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### **improve your running performance**

May 24th, 2020 - the performance of any runner should never be judged by how fast or far they run but by how diligent they are in practicing to improve their running skills when you improve your running skills you can create greater speed with less effort higher mileage with less recovery time and the ability to instantly respond well to any challenge

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May 19th, 2020 - master the art of running is based on the proven principles of the alexander technique that encourage good body use and greater awareness of the way your body functions and moves the technique teaches you how to release tension from your back and neck and how to run without suffering from injuries the authors perspective on the sport takes them into areas rarely touched on in conventional

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the top elite athletes to be trained into better economy using the body as a spring is key to good form book your lesson on 0044 0 131 229 2402

### **how to master the art of running time outdoors**

June 1st, 2020 - malcolm is an internationally acclaimed alexander technique teacher and running coach as well as the co author of two bestselling books master the art of running and master the art of working out he has developed a unique approach to helping runners improve their performance increase enjoyment and reduce the risk of injury

### **aor group the posture police**

April 15th, 2020 - the posture police being mindful in your body aor group the posture police

### **the art of running faster ways to improve your technique**

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### **the art of running**

June 6th, 2020 - the art of running offers workshops regularly in montreal nyc in the uk and around the world workshops 2 3 5 hours are an ideal setting to learn the basics of the art of running the workshop is a mixture of exploring and learning new drills short bursts of activity and an opportunity to test out what you ve learned with the infamous zen workout

### **running workshops run art coaching**

April 15th, 2020 - the best investment for any runner starting running training with good fundamentals from the start good running technique is essential to reach your performance potential and to avoid injuries this session will cover important things like trunk position arm motion foot strike stride cadence and length

### **how running changes your body the active times**

June 6th, 2020 - lactic acid will build up your muscles will begin to ache and running will be a chore as your body struggles to keep up with the cycle of energy supply and demand phase iv during your cool down period as your pace slows and you revert back to a walk your breathing will return to normal your heart rate will slow and the demands on your body to continue to produce energy in short order

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May 25th, 2020 - whether you run a few miles a week or are training for a marathon running properly takes time and energy using the alexander technique runners can improve their petite performance while multiplying the health benefits of the sport and virtually eliminating its hazards

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May 21st, 2020 - andrew shields is the sports editor of london s time out magazine and with malcolm balk is the coauthor of master the art of running and master the art of working out both collins amp brown he has twice been a runner up in the british sports journalism awards and is a former nationally ranked triple jumper

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**an introduction to performance art**

June 1st, 2020 - in this edition of art insider we explore a genre called performance art we meet artists working with performance and discover why it is one of most fertile grounds for both experimentation and

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### **the art of running runner s world**

June 3rd, 2020 - the art of running may 14 2014 1 of 30 early morning lake run by mariquita sy we asked readers to submit their running inspired artwork and we got some amazing stuff here are some of our

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### **how to improve your running performance 5 useful tips**

June 5th, 2020 - your performance will not improve and your running will be reduced to just plodding along the following five tips and trips from sascha can add a lot of variety to your training this is exactly what you need to enhance your performance and make your next run more fun and more dynamic

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