

Running continued: An Alexander Technique Perspective on Running Injuries

My husband is also working on what we learned about running from Malcolm Balk. However, his training trajectory varies from mine. He began more aerobically fit than me and seems (at least to me) to have much greater endurance. However, this new practice also seems more challenging for him because he is simultaneously (he hopes) *unlearning* his old running form as he learns to run in a new way. He took up running initially decades ago, as an asthmatic, to become aerobically fit, and he remains attached to both the romance and art of running. Just like F. M. Alexander, whose interest in his own performance was deeply connected to his habit of pulling his head back and down, my husband's interest in both "time and distance" has been strong, ingrained, opposing his new wish to learn a better running "use" of himself. They both "end-gained". Alexander continued to strain his voice until he learned to "inhibit" this habit and my husband interrupted his progress with several minor, but somewhat debilitating injuries that set him back for *several weeks* at a time. Happily, my husband has been injury-free for over a month now and running quite successfully using Malcolm's principles.

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