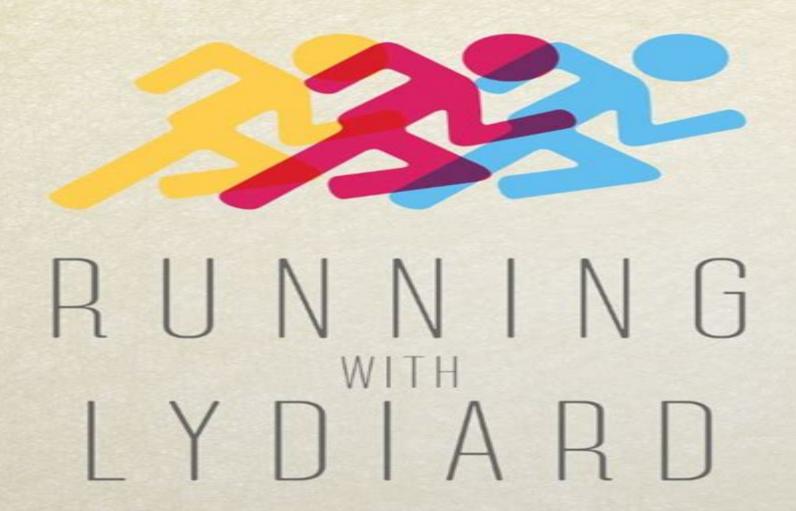
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POREWORD BY TERRY CRAWFORD DIRECTOR OF COACHING, USATE

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# **Running With Lydiard**

**Arthur Lydiard, Garth Gilmour** 

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Murray Halberg won Olympic gold medals on the same day His team of runners trained to brilliance went on to dominate international track and marathon running for two decades During this time he developed and perfected his revolutionary endurance based training system designed to help any athlete become a better runner Worldwide adoption of his technique by other running coaches and by many coaches in other sports has seen Lydiard conditioned athletes winning Olympic international and national titles and breaking records by the score Lydiard also made possibly the greatest individual contribution to world health and fitness in history his promotion of jogging influenced millions of people around the globe In the year before his death in December 2004 Arthur Lydiard worked with his long time friend Garth Gilmour to tell the full story of his remarkable life from his early years in New Zealand to his coaching experiences in Finland Mexico Venezuela and elsewhere around the world The indefatigable Lydiard coached and lectured extensively especially in the United States where he died suddenly during a lecture tour One of just 20 holders of New Zealand's highest honour the Order of New Zealand he was also awarded Finland's premier honour the White Star **Healthy Intelligent Training Keith** Livingstone, 2010 Keith Livingston here provides readers with an easy to follow guide to the principles and training techniques that Arthur Lydiard used to guide numerous athletes from across the world to Olympic middle and long distance Lore of Running Timothy Noakes, 2003 Dr Noakes explores the physiology of running all aspects of training and success recognizing avoiding and treating injuries 133 illustrations **Arthur Lydiard's Training Schedules** Arthur Lydiard, 1970

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