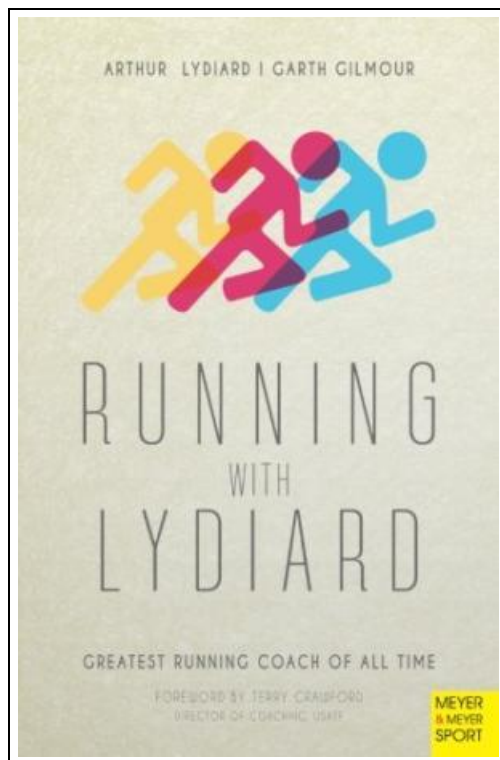


Running with Lydiard: Greatest Running Coach of All Time (Paperback)



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Reviews

This ebook is fantastic. It is actually written in straightforward terms rather than hard to understand. It has been designed in an extremely straightforward way and it is merely soon after I finished reading through this ebook through which in fact modified me, altered the way I really believe.




(Justice Wilderman)

RUNNING WITH LYDIARD: GREATEST RUNNING COACH OF ALL TIME (PAPERBACK)



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Meyer Meyer Sport (UK) Ltd, United Kingdom, 2017. Paperback. Condition: New. 3rd ed.. Language: English . Brand New Book. Since the outstanding success of his New Zealand athletes Snell, Halberg, and Magee at the 1960 Rome Olympics, Arthur Lydiard s name has been synonymous with the best training methods used by the world s top middle- and long-distance runners. His training plans precipitated an athletic revolution, stressing physiological conditioning as a prerequisite to sporting effort and long-duration, even-pace running at a strong speed as the means of achieving success. Arthur Lydiard instructed runners and coaches in Finland, Mexico, Venezuela, Denmark, Japan, the United States, and New Zealand for more than 50 years and had continued to experiment and refine his methods. Running with Lydiard contains expanded information on exercise physiology, diet, injury prevention and cure, discussion of Lydiard s methods, and revised training schedules.

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