

# Meet the Greatest Running Coach of All Time: The Man Who Made Champions

In the annals of running history, the name Arthur Lydiard stands tall as a giant among giants. As the coach who guided countless athletes to Olympic gold medals and world records, Lydiard revolutionized the sport and became known as the greatest running coach of all time.



## Running With Lydiard: Greatest Running Coach of All

**Time** by Arthur Lydiard

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2339 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 242 pages



## Early Life and Influences

Born in 1917 in New Zealand, Arthur Lydiard grew up in a humble family on a remote farm. At a young age, he discovered his love for running while chasing sheep across the vast hills surrounding his home. Inspired by the legendary Finnish distance runner Paavo Nurmi, Lydiard began experimenting with different training methods to improve his own running performance.

## **Breakthrough and Innovative Training**

In the 1940s, Lydiard began coaching young runners at Mount Albert Grammar School in Auckland. He quickly noticed that traditional training methods were not producing the results he desired. Drawing inspiration from his farming background, Lydiard developed a revolutionary training philosophy that emphasized high-volume, low-intensity running.

Lydiard believed that by gradually increasing the distance and intensity of their workouts, runners could build a strong aerobic base that would enable them to sustain their pace over long distances. He also incorporated hill sprints and other exercises into his training programs to improve speed and endurance.

## **Rising Stars and Olympic Success**

Under Lydiard's guidance, a new generation of New Zealand runners emerged, including Peter Snell, Murray Halberg, and John Davies. These athletes dominated the middle and long-distance events at the 1960 Rome Olympics, winning a total of six gold medals and setting multiple world records.

Lydiard's training methods soon gained international recognition, and he became a sought-after coach for runners around the world. He guided Finnish runner Lasse Virén to four Olympic gold medals, including a historic triple victory in the 5,000 meters, 10,000 meters, and marathon at the 1972 Munich Olympics.

## **Legacy and Impact**

Arthur Lydiard's legacy as the greatest running coach of all time is undeniable. His innovative training methods have transformed the sport and continue to inspire runners of all levels to achieve their full potential.

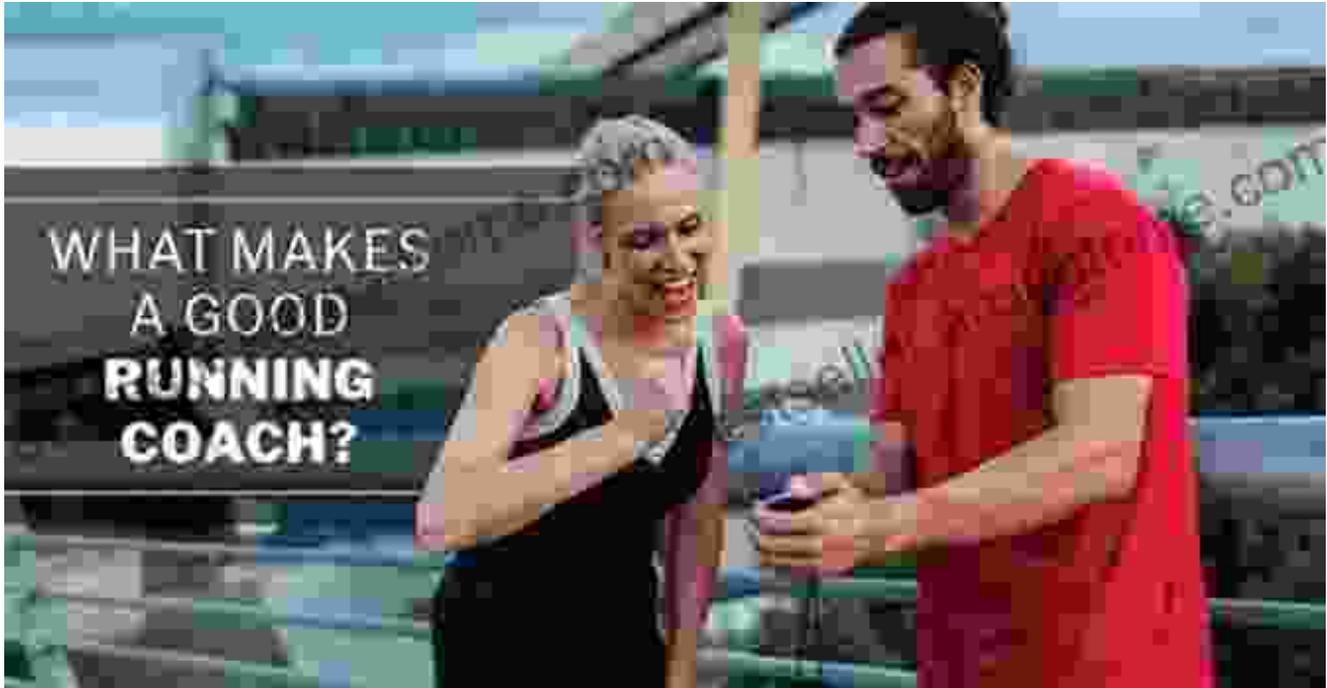
Lydiard's philosophy emphasized the importance of patience, consistency, and a strong work ethic. He believed that anyone with the determination and dedication could become a great runner. His legacy lives on through the countless athletes he coached, the records they set, and the inspiration he provided to generations of runners.

### **Get Your Copy of "Greatest Running Coach of All Time"**

To learn more about the life and legacy of Arthur Lydiard, read the captivating biography "Greatest Running Coach of All Time" by Kerry Rodger and Tim Kerr. This insightful book provides an in-depth look at Lydiard's training methods, his impact on the sport, and the unforgettable stories of the champions he coached.

Whether you are a seasoned runner or just starting out, "Greatest Running Coach of All Time" is an essential read for anyone who wants to learn from the best and unlock their running potential.

**Free Download your copy today and embark on a journey to running greatness!**



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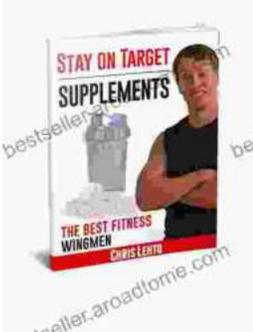
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