



Running With Lydiard

Arthur Lydiard, Garth Gilmour

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Since the 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. Instructing runners in Finland, Mexico, Venezuela, Denmark, Japan, the USA and New Zealand, Lydiard has continued to refine his methods, and this manual contains information on exercise physiology, diet, injury prevention and cure, discussion of Lydiard's methods and revised training schedules.

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