

RUNNING WITH LYDIARD BY ARTHUR LYDIARD%0A

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[Running with Lydiard: Greatest Running Coach of All Time ...](#)

New Zealander Arthur Lydiard was the most successful trainer of middle- and long-distance running in the world. He coached runners from different countries, such as Peter Snell (three times gold) or Lasse Viren (four times gold). [Running with Lydiard: Greatest Running Coach of All Time ...](#)

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 longdistance runners.

[The Lydiard Training Method Salty Running](#)

Back-to-back out & back and long run workouts: The weekly combination of a medium-long marathon-effort out & back run (so named because Lydiard advised doing the workout on an out & back course) followed by the long run makes you tired and very fit.

[Running with Lydiard by Arthur Lydiard - Goodreads](#)

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[Arthur Lydiard--Running Man - Lydiard Foundation](#)

Arthur Lydiard RUNNING MAN Arthur Lydiard invented jogging. The method of building up physical fitness by gradually increasing stamina is a simple one, used by millions of men and women worldwide as part of their everyday health and fitness regime. It was used to train New Zealand's greatest track athletes, and helped propel New Zealand to the top of world middle-distance running.

Arthur

[Arthur Lydiard \(Author of Running with Lydiard\) - Goodreads](#)

Arthur Lydiard is the author of *Running to the Top* (3.91 avg rating, 93 ratings, 12 reviews, published 1997).

Running with Lydiard (3.84 avg rating, 140

[The 5 Lydiard Principles - Running Wizard](#)

The Lydiard Training Pyramid. A typical Lydiard plan includes five distinct training phases over (ideally) 24 weeks. While it is a longer training cycle than what you may be used to, the length of the cycle allows the safe development of running fitness as each phase builds on the previous one.

[Training the Lydiard Way: 28 Weeks to a PR | Runner's World](#)

She recommends Run the Lydiard Way and Running With Lydiard, both by Arthur Lydiard with Garth Gilmour, for more information on the Lydiard method. Advertisement - Continue Reading Below. [More](#)