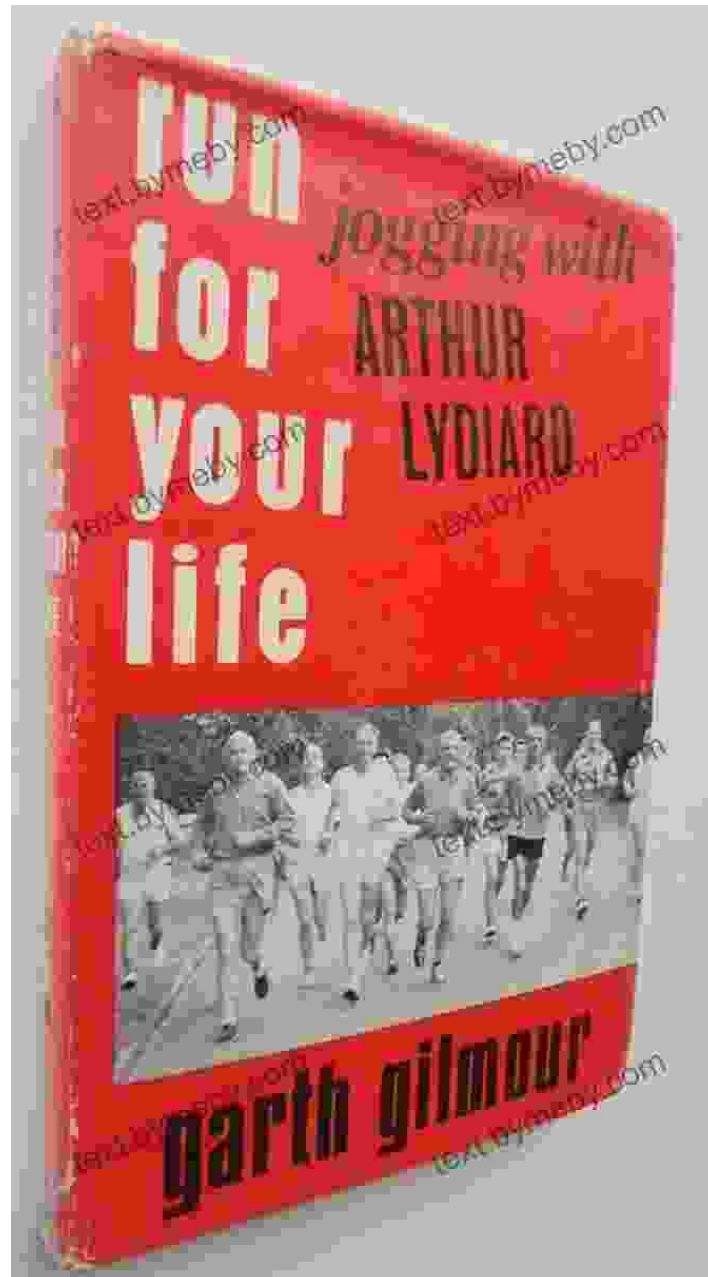


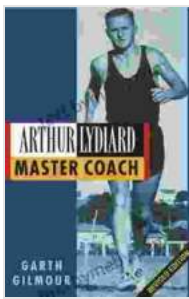
# Arthur Lydiard: Master Coach by Marc Macyoung - Unlocking the Secrets of Legendary Trainer



Arthur Lydiard, the legendary New Zealand running coach, played a pivotal role in shaping the careers of some of the greatest distance runners in

history. His innovative training methods, rooted in the principles of science and nature, revolutionized the sport and continue to influence coaches and athletes worldwide.

Marc Macyoung, a renowned running coach and author, has penned a comprehensive biography of Arthur Lydiard, providing an in-depth look into the life and work of this coaching icon. *Arthur Lydiard: Master Coach* is a must-read for anyone interested in the history of running, the science of training, or the legacy of one of the most influential figures in the sport.



### **Arthur Lydiard: Master Coach** by Marc MacYoung

★★★★☆ 4.8 out of 5

Language : English  
File size : 3321 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 275 pages  
Lending : Enabled



## **Early Life and Career**

Arthur Lydiard was born in 1917 in New Zealand. As a young man, he developed a passion for running and began competing in local races. After serving in the military during World War II, Lydiard returned home and dedicated himself to coaching.

Lydiard's early coaching career was marked by experimentation and a willingness to challenge the conventional wisdom of the time. He believed

that distance runners needed to develop both speed and endurance through a combination of interval training, hill workouts, and long, slow distance runs.

## **The Lydiard Foundation**

In 1950, Lydiard founded the Lydiard Foundation, a non-profit organization dedicated to promoting distance running in New Zealand and around the world. The Foundation provided coaching, training camps, and scholarships to aspiring runners, and it became a hub for the development of Lydiard's training methods.

## **Olympic Success**

Lydiard's training methods gained international recognition in the 1960s when his athletes began to dominate the Olympic Games. At the 1960 Rome Olympics, Lydiard-coached runners won gold medals in the 5,000 meters and 10,000 meters, and a bronze medal in the marathon.

Lydiard's success continued at the 1964 Tokyo Olympics, where his runners won gold medals in the 5,000 meters and 10,000 meters, and a silver medal in the marathon. Lydiard's athletes also won medals in the 1968 Mexico City Olympics and the 1972 Munich Olympics.

## **Lydiard's Training Principles**

Lydiard's training methods were based on the following key principles:

\* **Periodization:** Lydiard believed in dividing the training year into distinct phases, each with a specific focus (e.g., base building, speed development, peak performance). \* **Interval training:** Lydiard used interval training to develop both speed and endurance. Interval workouts involved alternating

periods of high-intensity running with periods of rest or recovery. \* **Hill workouts:** Lydiard believed that hill workouts were essential for developing leg strength and power. Hill workouts involved running uphill at a challenging pace. \* **Long, slow distance runs:** Lydiard emphasized the importance of long, slow distance runs for building endurance and aerobic capacity. \* **Recovery and rest:** Lydiard believed that rest and recovery were essential for runners to avoid burnout and injury.

## **Legacy and Impact**

Arthur Lydiard's legacy continues to inspire and influence coaches and athletes worldwide. His training methods have been adopted by countless runners, from recreational runners to Olympic champions.

The Lydiard Foundation continues to promote Lydiard's legacy and provides coaching and support to runners of all ages and abilities. The Foundation also organizes the annual Arthur Lydiard Marathon, which attracts thousands of runners from around the world.

*Arthur Lydiard: Master Coach* by Marc Macyoung is a fascinating and informative biography of one of the most influential figures in the history of running. Macyoung provides a comprehensive overview of Lydiard's life, career, and training methods, and he offers valuable insights into the principles that made Lydiard a coaching icon.

Whether you are a passionate runner, a coach, or simply interested in the history of sport, I highly recommend reading *Arthur Lydiard: Master Coach*. It is a book that will not only entertain and inform you, but it may also inspire you to take your running to the next level.

*Arthur Lydiard: Master Coach by Marc Macyoung is available in bookstores and online.*



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