



Healthy Intelligent Training: The Proven Principles of Arthur Lydiard

Keith Livingston

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Based on the proven principles of Arthur Lydiard - Runners World "Coach of the Century" - this is a must-have volume for anyone involved in middle-distance running. "Healthy Intelligent Training" provides readers with an easy-to-follow guide to the principles and training techniques that guided numerous athletes from across the globe to World Records and Olympic Gold. Written by a former national-level runner, with contributions from Olympic medalists and coaches, this superb volume shows you how to plan and follow your own training program to reach peak performance when you want.

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