



Distance Training for Young Athletes (Meyer & Meyer sport)

Arthur Lydiard, Garth Gilmour

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Providing instruction on distance training for young athletes up to the age of 18, this book contains guidance on how to keep distance running enjoyable for children, teenagers and their coaches. The book discusses the philosophy, physiology and techniques of running for fun and success; explains the principles of training; discusses the value of vitamins and minerals coupled with a healthy diet; shows how pupil and coach can best work together; and sets out special schedules to guide the training of all age groups. The methods explained here have been tested on young athletes for more than three decades, most recently on a large group of youngsters in Auckland.

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