

ENDORSED BY  
THE LYDIARD  
FOUNDATION

# HEALTHY INTELLIGENT TRAINING

THE PROVEN PRINCIPLES  
OF ARTHUR LYDIARD

KEITH  
LIVINGSTONE

MEYER  
& MEYER  
SPORT

## The Book

Healthy Intelligent Training is for all serious middle distance athletes and coaches. It is based on the proven principles of New Zealand's Arthur Lydiard, the Runner's World 'Coach of the Century', who trained a motley band of neighborhood kids into feared Olympic medalists, and kept on doing it, around the world.

These principles have since guided athletes from many nations to world records and Olympic Gold medals. Now you can plan your own campaigns, and understand exactly what you're doing at every step. This book can be used and understood by everyone.

A former national-level runner and race winner over track, cross-country, and road in New Zealand and Australia, Dr. Livingstone, a coach and chiropractor, has joined forces with fellow enthusiasts, Olympic-level coaches, and Olympic medalists to provide a simple, logical template for you to plan your own winning programs.

You'll be taken through each successive layer of the training pyramid, and understand what type of work fits in at each level leading to peak performance.

You will understand the physiology very clearly and simply so that you will know which workouts will help, and which will hinder.

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Keith Livingstone is a chiropractor who lives in Bendigo, Australia, with his wife and five children. He grew up right on Arthur Lydiard's doorstep amidst the running boom of the mid 1970s.

For over ten years Keith was nationally ranked as a distance runner in both New Zealand and Australia, over road, track, and cross-country, and he won a number of regional titles. He knew, raced, or trained with many of the great runners in New Zealand and Australia during the "golden era."

In 1990 Keith helped his current coaching colleague John Meagher to a debut marathon time of 2 hours 16 minutes, and later to a Melbourne Marathon victory, triathlon titles, and three titles in the World Masters Games. Their "HIT Squad" currently boasts three nationally ranked senior 1500 m runners.

## The Long Run: DO's and DON'T'S

### DO

- Run every day. Then ease yourself gradually into longer runs, by running a few extra minutes every second day if possible.
- Wear correctly fitted and balanced running shoes.
- Buy several good pairs of shoes to alternate daily during the base phase.
- Run most of your mileage on firm surfaces that won't pull your legs around too much. This can be parkland, dirt, or asphalt, but concrete can be too firm. Loose sandy surfaces can be hard to gain traction on and can cause joint problems because there is no consistent footfall.
- Vary the length and intensity of your runs day by day.
- Try to eventually fit in two medium-long runs and one long run each week. At whatever level this represents for you currently.
- Increase your total mileage conservatively.
- Eat well and healthily.
- Get ample sleep and easy recovery days.
- Every few weeks have an easier week to consolidate.

If you've never done long aerobic runs before:

- Run very evenly. Start on a flat course and try to run out for a set period of time, and run exactly the same time for the return distance.

### DON'T

Take carbohydrate supplements (gels, etc) during long runs unless it's in a long race. You'll lose the training effect on the fatty acid system and the glycogen-sparing effect.

## Healthy Intelligent Training



# Healthy Intelligent Training

The Proven Principles of Arthur Lydiard

Dr. Keith Livingstone



Meyer & Meyer Sport

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## Acknowledgements

This book started as a Powerpoint presentation and 20-page summary sheet for local coaches in Victoria, in late 2005. As athletes and coaches asked more and more questions it became evident that more was needed, and so the book idea was born.

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Vern Walker corrected my historical and typographical mistakes with an eagle eye and teaming up with Barry Magee, provided an enormous amount of information about training directly under Arthur Lydiard. I grilled Barry and Vern about every possible detail I could think of, and they responded admirably.

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Thanks to my great friend and coaching colleague, John Meagher, and all the boys in the "H.I.T. SQUAD" who allow us to coach them. We hope you have a lot of fun and friendship as you achieve your potential.

Thanks also go to Dr. Ron Brinkert, exercise physiologist and coach, who introduced John and me to the benefits of  $VO_2$  max training over 20 years ago.

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Finally, I'd like to thank Garth Gilmour, Arthur Lydiard's long-time friend and confidant, who authored many of the early classics that inspired me and thousands of others to get out and run. Without all Garth's early work with Arthur, there'd be nothing published to draw on.

*Keith Livingstone*



### Foreword by Barry Magee

As one of Arthur Lydiard's original boys, it is indeed a privilege and an honor to be associated with Keith Livingstone's H.I.T. book. The Master Coach's world-changing principles of training are still applied with great success in the modern era by the greatest athletes in the world. Now this book explains why these principles have always worked so well, as we are taken through the science of each phase in a very easy-to-understand manner.

I had 12 years of direct coaching under The Master, and trained and raced with fellow Lydiard Olympians Halberg, Snell, Baillie, Puckett, and Julian, to name just a few. We were each transformed by Arthur's revolutionary new training methods into world-class athletes. It was indeed a thrilling and exciting time to run.

Murray Halberg and I were the first two athletes to do the full track schedule that Arthur had spent years developing and which proved so successful for the next 30 years. Male and female Kiwi runners shocked the world time after time with amazing performances from the middle distances to the marathon. The athletics world could not understand how so many world champion athletes could come from a country with less than 3 million people. Eventually the principles were used all over the world.

In the mid 1960s I myself began coaching the Lydiard way with immediate success. In the years that followed, I coached a young man named Keith Livingstone and perhaps from that association has come this book. Before he died, Arthur Lydiard had left me with his personal approval as the one man who fully embraced and understood his coaching principles. Over recent years I have often been asked when I was going to write a book to explain more about Lydiard's training methods that could either enlarge or simplify the system by presenting it in a new way to the modern-day coaches and athletes of the world.

Well, lo and behold, Keith Livingstone has done a superb job and in my mind, a much better one than I could have done, with extra information to help coaches and athletes to fill in some of the cracks and to give us more understanding of how and why this brilliant system works. H.I.T. does exactly that! Coaches around the world would have to be very foolish if they do not read and use this book to the maximum.

In my opinion, Lydiard holds all the *Keys* to running success. H.I.T. shares many of the KEYS that have been lost, forgotten or misunderstood. I totally recommend Dr Keith Livingstone's book to anyone who is looking for the complete training system to complement what Lydiard has left us.

#### Barry Magee

*1960 Olympic Marathon Bronze Medalist*

*1961 World Cup 10,000m champion*

## Foreword by Lorraine Moller

Like Keith Livingstone, I grew up on Lydiard. For young Kiwi runners, it was unquestionably The Way. One who had the good fortune to be the recipient of Lydiard's influence remained a convert for life, not from some faddish following or blind devotion but because his system made complete and utter sense and showed consistent results. Countless Lydiard-trained runners like me enjoyed a range of abilities from middle-distance track to marathon, significant athletic longevity, and the attainment of personal dreams.



Lydiard himself never expected athletes to accept his way without question; he often said that if your coach cannot explain to you the reason for doing a workout then you need a new coach. That is because “Lydiardism” is a system based on sound principles, and each element of the training is a logical and necessary step up the pyramid to excellence: stamina, strength, lactic acid tolerance and racing speed are all building blocks one upon the other, and understanding their inter-relationship is essential to sound coaching. Each phase of training is based on correct sequencing and timing, and the synergetic effect created is more than the sum of its parts: physiologically and mentally the athlete is fully prepared to break his or her limits on the day that counts.

Each cycle of training builds upon the next so that one can reasonably expect personal best performances year after year.

In our fast-paced culture we have been conditioned by many influences, especially media to look for quick fixes and the short-term pay-off. Lydiardism offers neither of these. Like most things of value in life, this system is based on long-term commitment and the pursuit of the highest in athletic achievement. No method has withstood the test of time and had more success attributed to it in the athletic world.

H.I.T. captures the genius of Lydiard and delivers it to athletes and coaches in a comprehensive and complete form. Keith Livingstone, a long-time aficionado of Arthur Lydiard, has produced the definitive work on Lydiard training since Lydiard himself, and brilliantly conveys the art and science that has built champions of all abilities and events with clarity, humour and historical reverence. The Lydiard Foundation has proudly adopted this book as its official text for all Lydiard coaching courses.

### Lorraine Moller

*1992 Olympic Marathon Bronze Medalist  
Co-founder of Lydiard Foundation*