

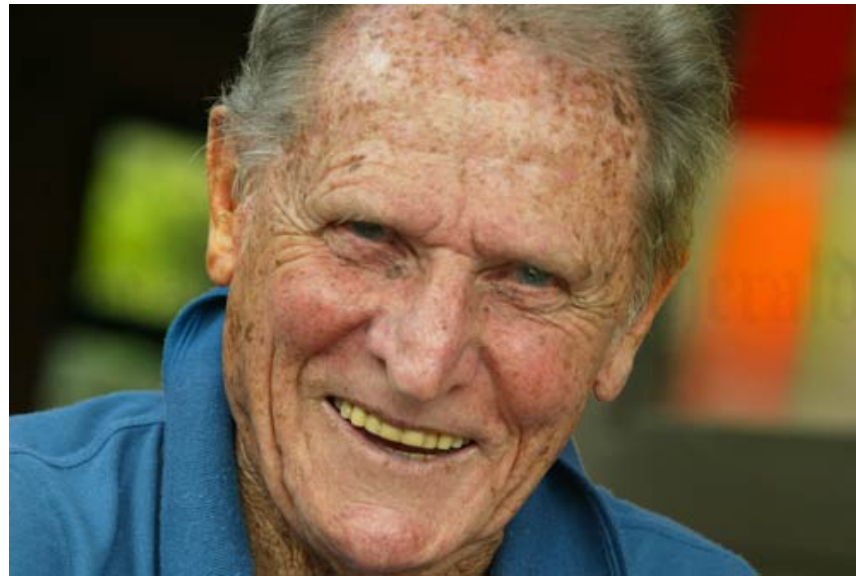
Today we are going to read about Arthur Lydiard, a well-known  
and successful athletics coach.

**WALT: infer information about  
Arthurs personality from the info  
we read**

This means we will need to think what his actions show and  
what his achievements show, about the traits he has, that have  
made him successful.

# Arthur Lydiard

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*By David Green; adapted by Patrick Whatman*

*From – [www.nzhistory.net.nz](http://www.nzhistory.net.nz)*

**Arthur Lydiard was a marathon runner and athletics coach, whose most notable students included Olympic and Commonwealth Games champions. He is also credited with stimulating enthusiasm for jogging worldwide.**

This shows he was a famous coach. Probably running because he was a runner.

He must have been fit because marathons you need to run a long way!

Lydiard joined the Lynndale Athletics Club, and, upon realising his own lack of fitness, began developing a system of training that involved daily running, maintaining a steady pace. Once a strong base fitness was established, strength was built by running up hills and over sand dunes. A disagreement over coaching methods saw Lydiard leave Lynndale in 1950 set up a harriers section at the nearby Ōwairaka Athletic Club. He soon attracted disciples and began coaching high-performance athletes.

He must have had strong beliefs. He was determined and resilient because he didn't give up, instead he began his own group based on what he thought was right.

His own athletic highlights came in the marathon. Lydiard won the national marathon title in 1953 and 1955 and placed 13th at the Auckland Empire Games in 1950.

Again he is shown to be persistent. It took him 4 years to finally win.



Arthur Lydiard (left), having finished second to Gordon Bromley in the New Zealand Marathon Championships, March 1949.

As a coach, his earliest success came with Murray Halberg. The first New Zealander to break the four-minute mile, from 1958 to 1962 Halberg was virtually unbeatable between 2 miles and 5,000 metres, winning two Commonwealth titles and breaking two world records.

His coaching helped make Halberg become a champion. So his methods must have worked!

Lydiard's greatest training triumphs came at the [1960 Rome Olympics](#). First the 800 metres was won by a near-unknown 21-year-old, Peter Snell; then Halberg won the 5000 metres by sprinting with three laps to go. A few days later, Barry Magee came third in a world-best marathon.

Again his training methods have been proven. We think he must have felt proud of his athletes and that his methods were proven to work.

Snell broke the world 800 metres, half-mile and mile records in one week in 1962, and overwhelmed his 800- and 1500-metres opponents at the 1964 Tokyo Olympics.



Perhaps most significantly, Arthur Lydiard is seen as being responsible for the popularity of jogging for health and fitness. American running experts called him the distance coach of the 20th century, and the individual who had most influenced running in the second half of the century.

He decided people should go running in parks and tracks. He thought you should enjoy yourself while exercising.

In 1962 Lydiard was made an OBE. In 1990 he became a member of the Order of New Zealand and an inaugural member of the Sports Hall of Fame. He was made a life member of Athletics New Zealand in 2003.

He would have been proud of his awards. He was obviously respected by the people he worked with.

What is Arthur Lydiard most famous for?

Coaching champion runners

What were his greatest achievements?

- Rome Olympics 1960
- Tokyo Olympics 1964
- NZ Marathon Champ 1953 & 1955
- Encouraging running as a recreational pasttime

What does him leaving his club to set up his own group show about him?

He was determined, passionate, motivated and resilient.

When have you faced a situation like this?

In class when teacher tells you to complete a project a certain way

<http://www.teara.govt.nz/en/speech/27971/kiwi-coach>

<http://www.teara.govt.nz/en/video/27968/coaching-methods>