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HEALTHY INTELLIGENT TRAINING



Meyer & Meyer Fachverlag Sep 2012, 2012. Taschenbuch. Book Condition: Neu. 24x16.5x cm. Neuware - 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...

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- Authored by Keith Livingstone
- Released at 2012



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