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Running with Lydiard. by Arthur Lydiard and Garth Gilmour. Meyer & Meyer Sport, 2007 (ISBN: 978-1-84126-026-6) Arthur Lydiard was, at one time, the most successful

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Running with Lydiard by Arthur Lydiard, Garth Gilmour, 9781841260266, available at Book Depository with free delivery worldwide.

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HONORARY MEMBERS AND FRIENDS OF THE LYDIARD Garth Gilmour Co-author with Arthur Lydiard of more than 15 physiology and training, The Lore of Running.

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(authors: Garth Gilmour and Arthur Lydiard) but I found Running with Lydiard the clearest, most precise and focused of the Lydiard books.

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Lydiard, Arthur; Gilmour, Garth (1978). Run, the Lydiard Way. Lydiard, Arthur; Gilmour, Garth (2000). Running With Lydiard (2nd Edition ed.). Meyer & Meyer Sport.

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She recommends Run the Lydiard Way and Running With Lydiard, both by Arthur Lydiard with Garth Gilmour, for more information on the Lydiard method.

### **Garth gilmour | world publications , llc |**

View Garth Gilmour's business profile at World Publications , Running with Lydiard, Arthur Lydiard with Garth Gilmour, Hodder and Stoughton, 1983

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and helped propel New Zealand to the top of world middle-distance running. Arthur Lydiard was born in Lydiard, Arthur. and Gilmour, Garth. (1983) Jogging

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