

Run the Lydiard Way

Enjoy and learn from Arthur Lydiard's athletes

Discover the highly successful Lydiard training method in a single day presentation:

How to maximize aerobic development
Understand periodization
Learn the Lydiard phases
Hills, drills and form
Peaking
Earn Level 1 Certification
Benefits of membership
in the Lydiard Foundation

Presented by Nobuya 'Nobby' Hashizume,
co-founder of the Lydiard Foundation

The world's leading authority
on the famed Lydiard method.

Meet NYC Marathon winner Rod Dixon (2:08)
And Victoria's Olympic Marathoner Jon Brown

\$150

\$100 - Students

20% off for groups of 10

-Register at any local Running Specialty Store-
or at eventsonline.ca

*"50 years of coaching and
20 Olympic Gold Medals
Arthur Lydiard's training
continues to profoundly
influence athletes from
many sports."*

Saturday, November 17, 2007

9:00 am to 3:00 pm

Cedar Hill Rec Centre

3220 Cedar Hill Road

clinicrunner@yahoo.ca

250-514-2630



LYDIARD
• FOUNDATION •



www.lydiardfoundation.org