



“The best training I ever received for my profession.”

“A truly world class experience!”

“Recommended 100%!”

“Far exceeded my expectations!”

“A FANTASTIC weekend!”

Lydiard Coaches Certification Levels I&II With Olympic Marathon Medalist Lorraine Moller

Hosted by Massey University on campus

PALMERSTON NORTH APRIL 4-6
AUCKLAND APRIL 11-13

Both Events run Friday Evening to Sunday Afternoon

Recognized as the gold standard of endurance training systems worldwide the Lydiard Method has produced more champions and made more lifetime runners out of beginners than any other system. It is the basis for most training systems today.

During this course you will understand the specifics of *Why*, *How* and *When* in designing a developmental training plan to enable peak performances in target events year after year.

COURSE FEE \$295. ACCOMMODATION PACKAGE AVAILABLE. CALL TO RESERVE YOUR SPACE