



LYDIARD
•FOUNDATION•

21 September -23 September 2018
COURSE SCHEDULE

Friday, Day 1 – 21st September, 2018:

- 12:30 – 1:30 Group Lunch Buffet. Registrations and Materials Give-out
- 1:30 – 2:00 Introductions
- 2:00 – 2:30 Why we Train, How Training Works, What is effective Training
- 2:30 – 3:00 History of Lydiard Training and the Worldwide Influence
- 3:00 – 3:15 Afternoon Tea Break
- 3:15 – 4:15 The Five Principles of Lydiard Training
- 4:15 – 5:00 Running Wizard – your free plan and how it works
- 5:00 – 6:00 Movie – The Golden Hour
- 6:30 – 7:30 Dinner

Saturday, Day 2 – 22nd September, 2018:

- 9:00 – 10:00 Physiology and Energy Systems
- 10:00 – 10:30 Phase One - Aerobic Development and the Long Run
- 10:30– 10:45 Morning Tea Break
- 10:45 -11.15 Hill Training
- 11:15 –12:30 Practical Session of Hill Training
- 12:30 – 1:30 Lunch Break
- 1:30 – 2:15 Anaerobic Training (Intervals),
- 2:15 – 3:00 Integration Training
- 3:00 – 3:15 Afternoon Tea Break
- 3:15 – 4:15 Taper, Racing, Race Recovery, Long –Term Planning
- 4:15 – 5:00 Recap and Q&A

Sunday, Day 3 – 23rd September, 2018:

- 9:00 – 9:45 Recovery – The Invisible Training
- 10:00 – 10:30 Positive Feedback Systems
- 10:30– 10:45 Morning Tea Break
- 10:45 – 11:15 Writing a Lydiard Training Schedule
- 11:15 –12:30 Practical Session of 50/50's
- 12:30 – 1:30 Lunch Break
- 1:30 – 3:00 Case Studies
- 3:00 – 3:15 Afternoon Tea Break
- 3:15 – 4:00 Recap and Closing
- 4:15 – 5:00 Recap and Q&A