

Arthur Lydiard

Quotes

*Running, Athlete, Champion, Distance, Motivation, Athletic, Years,
Encouragement, Men, Heart, Understanding, Ideas, Track And Field, Coaches,
Mean, Watches, Habit, Thinking, Pain, Exercise*

They have a word in Finnish called sisu, which basically means guts. It's the strongest word in the Finnish language. You tell a Finn he doesn't have sisu, that's like spitting in his face.

~Arthur Lydiard

There are champions everywhere. Every street's got them. All we need to do is train them properly.

~Arthur Lydiard

Athletes need to enjoy their training. They don't enjoy going down to the track with a coach making them do repetitions until they're exhausted. From enjoyment comes the will to win.

~Arthur Lydiard

It's just a matter of understanding what's necessary and discipline yourself to do it.

~Arthur Lydiard

You must realize one thing. In every little village in the world there are great potential champions who only need motivation, development and good exercise evaluation.

~Arthur Lydiard

When aerobic running becomes a daily habit, strength and confidence follow.

~Arthur Lydiard

No one will burn out doing aerobic running. It is too much anaerobic running, which the American scholastic athletic system tends to put young athletes through, that burns them out.

~Arthur Lydiard

The idea that you can't lose contact with the leaders has cut more throats than it has saved.

~Arthur Lydiard

Well, no athlete respects a big, fat coach who's going to stand there and rest the watch on his stomach.

~Arthur Lydiard

Champions are everywhere, you just have to train them properly

~Arthur Lydiard

My most frequent admonition to athletes and coaches is: train, do not strain.

~Arthur Lydiard

If you want to be a successful runner, you have to consider everything. It's no good just thinking about endurance and not to develop fine speed.

~Arthur Lydiard

Encourage kids to enjoy running and play in athletics. Don't force them to run too much competition.

~Arthur Lydiard

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