

Born to Run

By Lucy Corry

Read the article and answer the questions using complete sentences;

1. Why did Arthur Lydiard leave school?
2. What happened when Lydiard first went for a run?
3. How did Arthur Lydiard go about getting fit?
4. What proof was there that Lydiard's training worked?
5. Why was Lydiard's training unusual for short and middle-distance runners?
6. What did strength and speed training mean?
7. What happened in Rome in 1960?
8. Why was Lydiard in demand all over the world?
9. What does 'mass fitness' mean?
10. Why do you think Lydiard believed it was more satisfying to see club members "running around and enjoying life within a year" than it was helping an athlete get to the Olympics?
11. Who is Bill Bowerman?
12. Why did running become hugely popular?
13. How successful was Arthur Lydiard as a coach? Use evidence to support your answer.
14. Why does Lilly Taulelei enjoy basketball so much?
15. What does Lilly believe makes a good coach?
16. Find the meaning of the following words
 - a. Unique
 - b. Endurance
 - c. Influenced

Challenge:

Arthur Lydiard coached or influenced many of New Zealand's greatest runners, including Barry Magee, Peter Snell, Murray Halberg, John Walker, Dick Quax, Rod Dixon, Allison Roe, and Lorraine Moller.

Choose two-three of these athletes and create an information display of their careers and achievements.