



Coach Profile Form



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Coaching Philosophy

Lydiard based training. i.e. marathon type conditioning is used as the core base. As an athlete I trained under Arthurs regime and see little evidence to make any significant changes to what he advocated. Perhaps there has been some advancements on the VO2 training which I am comfortable with and apply.

I am a keen advocate in ensuring that my athletes understand exercise physiology as it applies to the training they do so that as they develop they can be encouraged to set their own individual programme with my overview. This ensures that they obtain a good understanding of training principles allowing them to develop in their own right without constant direction from me. I encourage them to debate the training so that between me and the athlete we get good outcomes.

Specialist discipline	Specialist age coached	Specialist level coached
Middle & long distance	Prefer to coach athletes 17 and older but not regimented to this. Prefer to be involved with elite well focused athletes who are driven to achieve.	National Senior NZ Reps and champions.

Coaching qualifications/experience

I hold a Level 2 qualification gained 1983. Have been actively coaching since 1980.

Coaching achievements

I have coached a number of athletes who have represented NZ, primarily road & cross-country. NZ champions include, Sue Bruce, Jeff Spillane, Phil Costley, Matt Smith.

Through my involvement in coaching I believe that I was responsible for lifting the Toc H, now Papanui-Toc H Club, into a powerful force in distance running at a National Level.

During the 80's & 90's I coached groups of athletes but in more recent years I have limited myself to individual senior athletes in more of an advisory/mentor role. This is certainly the case with Phil Costley and Matt Smith. However I also assist Brian Taylor with his group of athletes so have had an influence on the performance of that group.