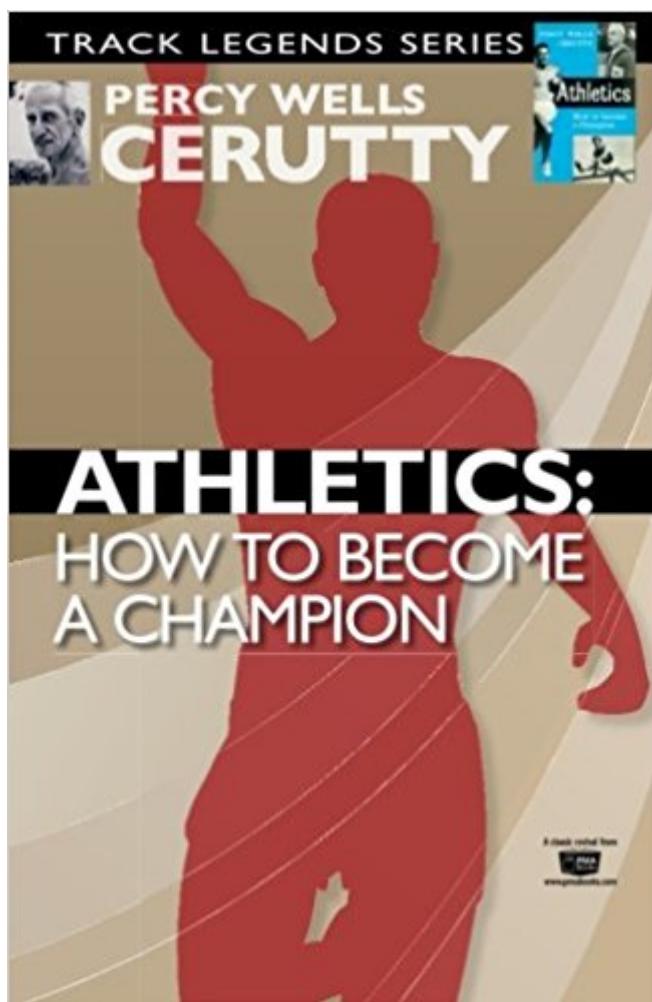


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# Athletics: How To Become A Champion (Classic Revival) (Volume 1)



## Synopsis

This is the long-awaited reprint of the highly-acclaimed book 'Athletics: How to become a champion' by Percy Cerutty, world renowned coach to Australia's greatest athlete, Herb Elliott, winner of the 1500m at the Rome Olympics in 1960. First published in 1960, this book, a classic in its time, has been out of print for 50 years. The book is full of details and ideas for optimum athletic training with specific advice for various distance and field events within the track and field discipline. This book garnered much praise when it was first published. Today's athlete and coach has much to learn from the wisdom of this outspoken and at time controversial figure. Cerutty describes the training regime at his Portsea, Victoria, athletics camp. The book includes historic images of a young Herb Elliott training under the master coach. Republished with permission from the family of the late coach, this book will inspire and encourage today's young athlete who dreams of Olympic triumph, just as Herb Elliott did in 1960.

## Book Information

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## Customer Reviews

Percy Wells Cerutty was a controversial figure in Australian athletic circles in the 1960s. Ahead of his time, he advocated a revolutionary approach to athletic training that included dietary advice as well as a hard training regime. He insisted on a win at all costs mentality but felt that athletes should enhance their natural gifts. His most famous pupil was Australia's greatest middle distance runner Herb Elliott, regarded by many as the greatest middle distance runner of all time.

I enjoyed this. He's a little repetitive and a little sexist but it was interesting to capture the mood of

the place and the times. If you are interested in running it's worth having. I had to laugh when he described his young charges swimming nude in the ocean after workouts. Today in the US where I live he would probably be jailed if that happened.

I love this old man. It's like he's reading my mind. They don't make them like they used to.

interesting book by interesting coach.

I am privileged to possess one of the original prints of this book. In fact, more than that, I was able to glance over PercÃ¢Â™s shoulder at the proofs from the printer at his camp at Portsea nearly sixty years ago. CeruttyÃ¢Â™s ideas at that time were highly original and revolutionary. More than anyone that I encountered later in my research life, he epitomised the born scientist who took almost nothing for granted and experimented with all manner of running techniques, training and approaches to arrive at what he termed a Ã¢ÂœnaturalisticÃ¢Â• approach to running. He would be horrified at our current obsession with real time recording of a host of our bodies parameters. For Perc, training was as much about running Ã¢ÂœfreeÃ¢Â•, eating what we now call organic foods in as raw a form as practicable and working with heavy weights. This book was and still is, as far as I am concerned, a Ã¢Âœclassic.Ã¢Â• It was also, in my opinion his best book, not just for its content but also for its style. He wrote it as he spoke it when he lectured and demonstrated to us at Ã¢Âœthe circusÃ¢Â• Ã¢Â“ the small circular track within the camp. His later writings increasingly veered to male chauvinism and he never really accepted women as athletes. But this book was the direct product of his greatest years as an experimenter and coach of numerous athletes who were a global force in middle and long distance running as well as other events. Much of what he preached then is as true now as it ever was. It belongs to a more primitive era when athletes werenÃ¢Â™t paid, stopwatches were mechanical devices and we used our own judgement to determine whether our workouts were fulfilling our expectations. If PMA Books ever reprint the outstanding biography of Cerutty by Graem Sims, Ã¢ÂœWhy Die? The extraordinary Percy Cerutty, maker of champions,Ã¢Â• then grab it as well.

Words can't really describe how great it is to have this classic work by Percy Cerutty back in print. Once only available at a huge cost on Ebay, this definitive work on athletics is a must have. More than just a training book, it is a book on living and enjoying life to its fullest. In these increasingly complex and difficult times, Percy Cerutty, coach, philosopher, shows the way to not only live but to

thrive. Here's hoping that more of his out of print books will be made available soon.

Do yourself a favor and buy this book. There are too many gems to mention. Cerutty has delivered a timeless classic with more wisdom than any modern coaching book.

Percy was a sixty year old health zealot. He believed that clean living and eating, strenuous exercise and a strong spiritual awareness could let you live forever. He took this doctrine and turned Herb Elliott from a cigarette smoking highschooler to the world record mile holder in less than two years. He lived in a beach shack in Victoria, Australia and his runners trained barefoot on the beach, eating raw vegetables and meat, abstaining from all impurities - girls, alcohol, electricity, indoor plumbing. He might of been crazy but it's hard to argue with success and Olympic gold medals. He created the the great Australian distance running dynasty. #dumpthegear

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