

# Peter Snell - from Olympian to scientist

Penguin Books - Peter Snell from Olympian to Scientist



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## Peter Snell: From Olympian to Scientist

Runs of that duration at moderate aerobic intensity have been shown to increase mitochondrial density significantly.

## Peter Snell: From Olympian to Scientist

Peter Snell Street is a street in the Bay of Plenty town of Whakatane. In all he held eight world records.

### Three

Sebastian Coe, who later won Olympic medals at the same distances, credited Snell with changing the way athletes prepared for middle-distance running — both physically and mentally. I took more than usual care of myself this winter to counter muscle trouble. After some years in public relations, essentially living off his sports reputation, he took a course in human biology at the Loughborough University of Technology in the United Kingdom that sparked an academic interest.

### Peter Snell

Since that time world-class runners have broken Snell's records over those distances, but nobody - before, during or since - has come close to matching Snell's withering power over the final few hundred metres. Fatigued after his Olympic buildup and second world mile record in 1964, his final track season in 1965 was characterized by a string of losses to such athletes as Olympic 1500 m silver medalist , Olympic 800 m silver medalist , U.

## Peter Snell: From Olympian to Scientist

The great Peter Snell was one of the most powerful middle-distance runners of all time. Sir Peter Snell talks to the audience during a New Zealand Olympic Committee dinner in 2009.

## Peter Snell from Olympian to Scientist, First Edition

He was also a vigorous cyclist.

### **Peter Snell from Olympian to Scientist**

I was feeling quite fresh from a week of relatively easy training and decided it would be to my advantage to run a fast quarter in about 53 seconds and then hang on for the rest. The great Peter Snell was one of the most powerful middle-distance runners of all time. Snell also states in his book that even though Lydiard demanded 100-mile weeks from him he was not able to handle that many miles week in week out and often when he hit a flat patch the total mileage might have dropped to around the 80-mile per week level.

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