

Meet the Coach - Peter John L Thompson



Peter John L Thompson is a coach of British birth who has coached athletes to world record performances for over 40 years. From 1990, he worked over a twenty-year period for the world governing body for Track & Field Athletics, the International Association of Athletics Federations. Most recently, he was a Senior Manager and the Event Group Editor for Endurance for the IAAF, 2006-2011 and appointed European Endurance Leader by the European Athletics Coaches Association, also in 2006.

The athletes he has coached have competed in the Olympic Games, Commonwealth Games and International Association of Athletics Federations (IAAF) Track & Field World Championships, Road World Championships and Cross Country World Championships.

He has coached all the disciplines of Track & Field Athletics and was the first coach, 1972-1976, to decathlete Daley Thompson - World Junior Record holder, four World Records, two Olympic Gold medals, three Commonwealth Games titles and Gold medals in the IAAF World Championships and European Championships.

But since 1978 Peter has concentrated on the middle and long distance events where he formally innovated the *New Interval Training* method in 1995, after developing and using the method from 1975. In addition to coaching his own squad of athletes, he has coached coaches and coached athletes on camps and clinics in 45 countries and representing approximately 164 of the countries of the 213 Member Federations of the IAAF.

He coached in the U.S.A. from 1976-1990 Including the University of Oregon; Florida State University and Athletics West athletes, including Cathie Twomey, World Best 20 Km, World No. 9 at 5000m and Marty Cooksey, World Number 1 ranked road racer in 1986, World Bests for 20 Km, Half Marathon, 30 Km and twice at 15 Km.

For the IAAF, he introduced a global 3-Level (1991) and then a 5-Level (2009) IAAF Coaches Education and Certification System in seven languages. He has authored many publications, including: *IAAF Code of Ethics for Coaches* (1996, updated 2005); *Introduction to Coaching - the Official IAAF Guide to Coaching Athletics* (2009) and *Run! Jump! Throw! - the Official IAAF Guide to Teaching Athletics* (2009).

Between 2001 and 2011, when living in Oxford, he was the honorary coach to the historic Oxford University Cross Country Club and the endurance, 800m-10,000m, coach to Oxford University Athletics Club.

He has directed many world-class events during his coaching career, such as the immediately post-apartheid, UK-South Africa Sports Initiative and was National Secretary and now a Vice President of the prestigious British Milers' Club, which was founded in 1963 and has produced world-class performance in British middle distance running.

He received a Bachelor of Science Honours degree in Geology from the University of London, a Post Graduate Certificate of Education in Physical Education, Geography and Geology from Carnegie College, University of Leeds, a Master of Science in Biomechanics from the University of Oregon and undertook further Master studies in Sport Psychology and Doctoral studies in the Social Psychology of Sport at the University of Oregon.

Peter practices an adaptation-led, rather than a training load-led, approach to coaching, creating environments where the only limiting factor to an athlete's achievement should be their genetic potential and self-determination.

He currently lives in Eugene, Oregon and coaches the *Spirit of Oregon* club.
