

Meet the Coach - Peter John L Thompson

Acclaimed International Endurance Performance Coach, Clinician and Coach Developer



Peter Thompson is of British birth and has coached athletes for 52 years, working with individuals from middle school, high school and collegiate ages through post-collegiate, professional Olympic and world record holders and masters athletes. From the outset he was committed to sharing experiences and developing his and others' coaching practice and has been involved in delivering coach education for more than 45 years.

In 1982, he was a member of the Founding Committee of the USATF Coaches Education program (then, TAC/USA). Advancing to 1990, he worked over a twenty-year period for the International Association of Athletics Federations, the IAAF (now World Athletics, WA), the world governing body for Track & Field Athletics based in Monaco. Most recently, he was a Senior Manager and the global Event Group Leader for Endurance for IAAF/WA and appointed 'European Endurance Leader' by the European Athletics Coaches Association, also in 2006.

He has coached all the disciplines of Track & Field Athletics and from the early to mid-1970s was the first coach of decathlete Daley Thompson - World Junior Record holder, four World Records and the 1980 and 1984 Olympic Gold medalist. The male and female athletes he has coached have competed in the Olympic Games, European Championships, Commonwealth Games and WA's World Track & Field, Cross Country, and Road Championships.

Peter has always been innovative and has achieved world class performances using natural, morally and ethically accepted practices. Since 1978, Peter has concentrated on the middle and long distance events where he formally defined the *New Interval Training* method in 1995, after innovating, developing and using the method from 1975.

In addition to coaching his own squad of athletes, he has coached coaches and athletes on camps and clinics in 51 countries and representing over 165 of the countries that comprise the 214 Member Federations of World Athletics.

In December 2016 he formally identified, defined and developed the terms '*Biokinetics*' and '*The Fourth Energy System*'. These necessarily complement an athlete's three Bioenergetic, metabolic, energy systems and involve the functional concept, development and application of Kinetic Chain Stiffness.

He coached in the USA from 1976-1990 Including the University of Oregon women (sprints, hurdles, jumps and relays) and men (steeplechase); Florida State University women and from 1978, Oregon Track Club Elite and Athletics West athletes. These included Cathie Twomey, World Best 20 Km, World 9th ranked at 5000m and Marty Cooksey, World Number 1 ranked road racer in 1986, World Bests 20 Km, Half Marathon, 30 Km and twice, 15 Km.

For World Athletics, he designed and directed the introduction of 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, UK, Peter was the Head Coach to the historic Oxford University Cross Country Club and endurance coach (800m - 10,000m) to Oxford University Athletics Club

He has directed many world-class events during his coaching career and was National Secretary and now Vice-President of the prestigious British Milers' Club, which was founded in 1963 and has produced world-class performance in British middle distance running.

Returning to Eugene in early 2011 and now permanently in the USA, Peter continues to present to coaches and athletes in the lecture room and in practical settings on many and various cutting-edge topics within Clinics, Camps and Workshops throughout the USA and globally. His introduction in 2000 of developing coaches' and athletes' competence synchronously emphasizes a process-focussed approach to coaching and training.

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 will be their genetic potential and self-determination.

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

