

## Greg McMillan, M.S.

Greg McMillan is a runner, exercise scientist and coach with the unique ability to combine the science of endurance performance with the art of real-world coaching. Greg has a masters degree in Exercise Physiology where his research focused on the determining factors of distance running performance. A student of the sport since he began running in high school, he continues to apply advances in sports science to his training programs. As with his study of sports science, Greg continues to learn from the athletes and coaches of yesterday and today. He vigorously studies the great books on running and is eager to be around successful coaches and athletes to learn from their experiences. His mentors include the late, great Arthur Lydiard ( who he toured with on Lydiard's last U.S. tour. ), Olympic Coach Dr. Joe Vigel, world famous Italian Coach Gabrielle Rosa,( who he worked under for two years), the Lydiard Foundation's Nobby Hashizume, Peak Running Performance founder Guy Avery and USA Track & Field physiologist Dr. David Martin.

Throughout his coaching career, Greg has been successful at helping a wide range of athletes. He has coached Olympians, Boston Marathon qualifiers as well as new runners through charity marathon groups. The bulk of his athletes are everyday runners balancing work, family and other commitments with their running.

### **COACHING ACCOMPLISHMENTS:**

Olympic Gems - 2008, (2012-alternates)  
Olympic Trials - 1996, 2000, 2004, 2008, 2012  
World Championships - 2001, 2003, 2005, 2007, 2009, 2011  
Pan American Games- 2003  
10 National Champions  
Over 4,00 Boston Qualifiers ( and counting )  
San Diego Arthritis Foundation Joints in Motion Charity Beginner Marathon Groups  
San Diego Track Club North County Coach  
Alliant International University Track and Field Coach  
Assistant the Executive Director-1996 Women's Olympic Marathon Trials  
Creator of McMillan Running Calculator

### **RUNNING ACCOMPLISHMENTS & PERSONAL RECORDS**

800m -1:57  
1500m - 3:57  
5000m - 14:55  
10000m - 30:57  
Half - Marathon - 1:10:28  
Marathon - 2:31:58  
High School State Champion - 1600m (1987)  
National Champion - USATF Masters Trial Marathon (2009)

### **EDUCATION AND PUBLICATIONS:**

BS: Kinesiology — The University of Tennessee ( with honors )  
MS: exercise Physiology — The University of South Carolina

Author — Surviving the Marathon Freak -Out

Author — YOU ( only Faster): Training plans to help you train master and run faster

Author— Zap! You're a Runner! The beginning runner's guide to fun and fitness

Senior Writer — Running Times Magazine

Contributor — Competitor Magazine, Active.com

Managing Editor — Peak Running Performance

Consulting Expert — Runner's World Magazine, Running Times Magazine,

Outside Magazine, Men's Health Magazine,

Peak Running Performance, Oxygen Magazine, Best Life Magazine

### **Coaching Credentials:**

USA Track and Field Certification - Level II ( Endurance Specialty )

Lydiard Certified Coach — Level V ( top level )

RRCA Certified Coach