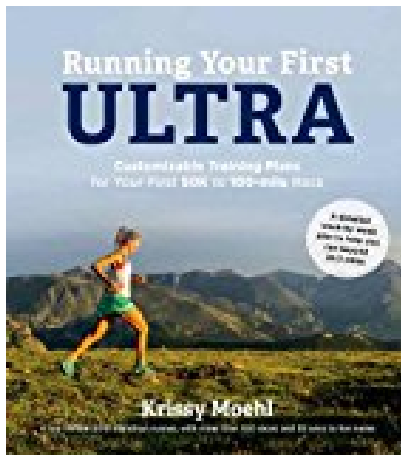


Running Your First Ultra

Customizable Training Plans for Your First 50K to 100-mile Race



BOOK DETAILS

- Author : Krissy Moehl
- Pages : 240 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 1624141420

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BOOK SYNOPSIS

This book is the answer for the growing number of runners interested in going beyond the standard marathon and taking their running to the next level. Using the tactics that have made her one of the top female ultramarathon runners - with more than 100 races and 46 female wins - author Krissy Moehl will help new ultramarathon runners get across the finish line of their first 50-kilometer, 50-mile or 100-mile race. This detailed, yet flexible training plan offers everything a runner needs to successfully complete their first ultra. It is built in phases - including a base phase to bulk up mileage, a hills and strength-training phase, a speed phase, an endurance phase and a fine-tuning phase. Along the way readers will cross train, have built-in recovery time and track everything from calories burned to sleep and heart rate. In addition to training, Moehl will help readers pick their first races, assemble their support teams, buy gear and get adequate nutrition. In her 13-year career, Moehl has run more than 100 races. She has 46 female wins and 2 outright wins. When Moehl isn't racing, she serves as a coach for people who want to run ultramarathons. Her positive, encouraging attitude, deep knowledge and enthusiasm for the sport will make sure that readers train right and have fun doing it.

RUNNING YOUR FIRST ULTRA CUSTOMIZABLE TRAINING PLANS FOR YOUR FIRST 50K TO 100-MILE RACE

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