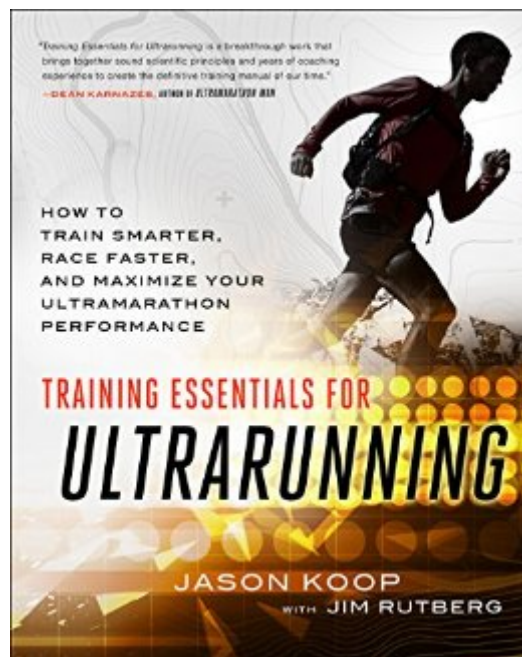


The book was found

Training Essentials For Ultrarunning: How To Train Smarter, Race Faster, And Maximize Your Ultramarathon Performance



Synopsis

When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book *Training Essentials for Ultrarunning*. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want.

Ultramarathon requires a new and specific approach to training. *Training Essentials for Ultrarunning* will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances. Packed with practical advice and vetted training methods, *Training Essentials for Ultrarunning* is the new, must-have resource for first-timers and ultramarathon veterans. Runners using *Training Essentials for Ultrarunning* will gain much more than Koop's training approach:Â The science behind ultramarathon performance.Â Common ultramarathon failure points and how to solve them.Â How to use interval training to focus workouts, make gains, reduce injuries, and race faster.Â Simple, effective fueling and hydration strategies.Â Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis.Â How to plan your ultra season for better racing.Â Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100.Â How to achieve your goal, whether it's finishing or winning. A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, *Training Essentials for Ultrarunning* is the go-to guide for first-time ultrarunners and competitive ultramarathoners.

Book Information

File Size: 33523 KB

Print Length: 320 pages

Publisher: VeloPress (May 1, 2016)

Publication Date: May 1, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01GQRFZS2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #42,106 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Running & Jogging #17 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #72 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

Every once in a while a training book is published that stands out as a likely candidate to become a classic. Jason Koop and Jim Rutberg have done just this with their new book "Training Essentials for Ultrarunning" (VeloPress, 2016). After two readings, I am convinced that this work will take a place next to other classics like "The Lore of Running", "Daniels Running Formula", and "Hansons Marathon Method" (among others) as the "go-to" book for ultrarunning training. The training required for successful ultrarunning racing is unique and through the application of established physiology, sports psychology, and years of working with elite and aspiring athletes, Koop and Rutberg have provided a comprehensive guide to anyone who wants to excel at ultrarunning. Much of what little is available on training for ultramarathon races is based on extensions of marathon training principles peppered with anecdotal information (or, more typically, misinformation) that just does not have a repeatable, logical, and justifiable basis for establishing an ultrarunning training regimen. Parts of these "training approaches" work, other parts do not, and little of this available information helps in development of a season-long training plan that identifies focus races and puts structure in place to allow a dedicated athlete to excel. Koop and Rutberg provide a detailed, substantive, and thoughtful process for putting together a training plan for ultramarathon racing- they call it the "Ultrarunning Revolution" and I concur that the training principles and the associated plan development process presented in the book will revolutionize accepted approaches to training for ultramarathon races.

[Download to continue reading...](#)

Training Essentials for Ultrarunning: How to Train Smarter, Race Faster, and Maximize Your Ultramarathon Performance
Puppy Training : How to Housebreak Your Puppy in Just 7 Days:
(Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A

Dog, Crate Training) Nowhere Near First: Ultramarathon Adventures From The Back Of The Pack
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog
training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book
3) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and
Remember Anything: Learn Memory Improvement and Boost Your Brain Power A Smarter Way to
Learn jQuery: Learn it faster. Remember it longer. A Smarter Way to Learn jQuery: Learn it faster.
Remember it longer. (Volume 3) Introduction to Yoga and Pilates - Improve Your Flexibility,
Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human
Potential) Summary - The Girl on the Train: Novel by Paula Hawkins -- Story Shortened into 35
Pages or Less! (The Girl on the Train: Shortened version -- Book, Novel, Paperback, Audible,
Movie) Famous Train Shading Volume 1: Train Grayscale coloring books for adults Relaxation Art
Therapy for Busy People (Adult Coloring Books Series, grayscale fantasy coloring books) NLP:
Maximize Your Potential- Hypnosis, Mind Control, Human Behavior and Influencing People (NLP,
Mind Control, Human Behavior) Critical Voter: Using the Next Election to Make Yourself (and Your
Kids) Smarter Atkins: A Faster & Simpler Way to Shed Weight and Feel Great: 250 Simple and
Delicious Low-Carb Recipes Get What's Yours for Medicare: Maximize Your Coverage, Minimize
Your Costs Memory: Mastermind - Supercharge Your Memory & Unleash The Power Of Your Mind
To Maximize Productivity, Focus & Intelligence A Train Near Magdeburg: A Teacher's Journey into
the Holocaust, and the Reuniting of the Survivors and Liberators, 70 years on SLOW MOTION
WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT
HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO
BOOK & GUIDE FOR SMART DUMMIES 2) Sleisenger and Fordtran's Gastrointestinal and Liver
Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Puppy
Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids,
puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)
Training the Best Cat Ever: The Ultimate Cat Training Program Designed by Experts (Train Your
Cat in 7 Days or less)

[Dmca](#)