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Don't learn the hard way get a jump on training for an ultramarathon with Hal Koerner's Field Guide to Ultrarunning a comprehensive handbook to running 30 to 100 miles and beyond, written by one of the most experienced and recognized athletes in the sport. Hal Koerner is among America's best ultrarunners with podium results in more than 90 ultramarathons.

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"Hal's Field Guide is a comprehensive guide to all things ultra. It typifies the man himself—a wealth of information, devoid of self-promotion. A near-limitless body of knowledge that, if you were sharing a trail with him, Hal would gladly share." - UltraRunning magazine "Hal Koerner has a formula for fitness and life that keeps him winning and smiling.

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Hal Koerner is among America's best ultrarunners, with podium results in more than 90 ultramarathons. In his smart, down-to-earth handbook, Koerner shares hard-earned wisdom, field-tested habits, and insider tips to help you prepare for your ultra. You'll find guidance on exactly what you need to know to prepare for ultramarathon, including:

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Hal Koerner's Field Guide to Ultrarunning - VeloPress

Hal Koerner ’ s Field Guide to Ultrarunning will help with some of the fundamental aspects of training and provide background knowledge that will be helpful on your journey. From fueling and hydration, to gear and self care, Koerner shares his accumulated wisdom in this straight-forward and casual text.

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Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond (Audio Download): Amazon.co.uk: Hal Koerner, Adam W. Chase - contributor, Scott Jurek - foreword, Josh Bloomberg, Tantor Audio: Audible Audiobooks

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Tantor Media - Hal Koerner's Field Guide to Ultrarunning

Somewhere in the middle of these two ends of the spectrum is Hal Koerner ' s Field Guide to Ultrarunning (gonna call it HKFGU from now on). For those who don ' t know, Hal has won some of ultrarunning ' s most high profile races including Western States 100 (twice) and Hardrock 100.

Hal Koerner ' s Field Guide to Ultrarunning – Sam Staggers On

Don't learn the hard way-get a jump on training for an ultramarathon with Hal Koerner's Field Guide to Ultrarunning, a comprehensive handbook to running 30 to 100 miles and beyond, written by one of the most experienced and recognized athletes in the sport. Hal Koerner is among America's best ultrarunners.

Hal Koerner's Field Guide to Ultrarunning: Training for an ...

This excerpt comes from Hal Koerner ' s Field Guide to Ultrarunning, a comprehensive handbook to running 30 to 100 miles and beyond, written by Hal Koerner, one of the most experienced and recognized athletes in the ultrarunning. Ch 1: Getting Started “ Ultra, ” by one definition, means “ extreme. ”

Hal Koerner's Guide to Getting Started in Ultrarunning ...

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Hal Koerner's Field Guide to Ultrarunning: Training for an ...

Hal Koerner ’ s Field Guide to Ultrarunning, does a great job of introducing the sport of ultrarunning to beginner and seasoned runners that are thinking about venturing into ultras. It provides a great overview of what one can possibly experience out on the trail.

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Ultra-marathons don't leave much room for mistakes. Don't learn the hard way: Get a jump on training for an ultra-marathon with Hal Koerner's Field Guide to Ultrarunning , a comprehensive handbook to running 30 to 100 miles and beyond, authored by one of the most experienced and recognized ath...

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