



Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond

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Ultramarathons don't leave much room for mistakes. Don't learn the hard way; get a jump on training for an ultramarathon with *Hal Koerner's Field Guide to Ultrarunning*, a comprehensive guide to running 30 to 100 miles and beyond, written by one of the most experienced athletes in the sport.

Hal Koerner is among America's top ultrarunners with podium results in more than 90 ultramarathons. In his smart, down-to-earth *Field Guide*, Koerner shares hard-earned wisdom, field-tested habits and practices, and reliable tips and guidelines to help you prepare for your most epic runs. You will read engaging stories of Koerner's own training and racing as well as insights and practical advice on trail running technique, proper fueling, race day game plans, and key mental strategies to carry you to the finish line. The guide offers three detailed training plans to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons.

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