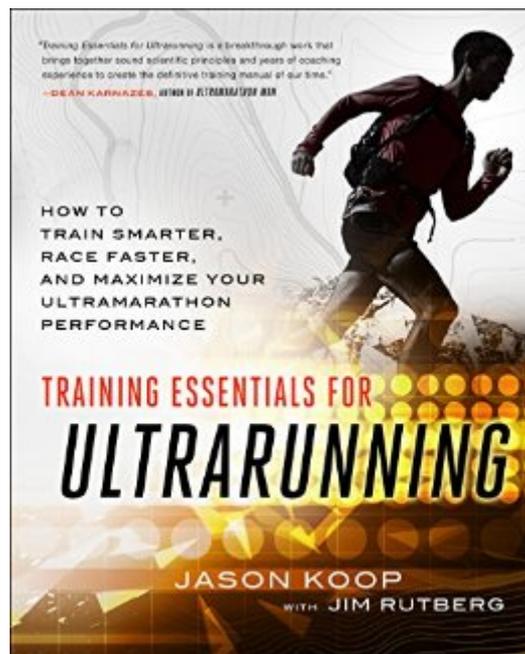


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# Training Essentials For Ultrarunning: How To Train Smarter, Race Faster, And Maximize Your Ultramarathon Performance



## 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:

- The science behind ultramarathon performance.
- Common ultramarathon failure points and how to solve them.
- How to use interval training to focus workouts, make gains, reduce injuries, and race faster.
- Simple, effective fueling and hydration strategies.
- Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis.
- How to plan your ultra season for better racing.
- 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.
- 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

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## 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.

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