



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

By Hal Koerner

Download now

Read Online 

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

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 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. 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:

- best gear for ultrarunning
- fueling and hydration guidelines
- choosing an ultra
- trail-running technique
- first-aid advice
- beating altitude, storms, and heat
- race-day game plans
- crew and pacer tips
- mental strategies to get you to the finish line

The guide offers three detailed training plans to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons.

Start your ultra with confidence and finish it strong with *Hal Koerner's Field Guide to Ultrarunning!*

 [Download Hal Koerner's Field Guide to Ultrarunning: Tr ...pdf](#)

 [Read Online Hal Koerner's Field Guide to Ultrarunning: ...pdf](#)

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

*By Hal Koerner*

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

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 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. 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:

- best gear for ultrarunning
- fueling and hydration guidelines
- choosing an ultra
- trail-running technique
- first-aid advice
- beating altitude, storms, and heat
- race-day game plans
- crew and pacer tips
- mental strategies to get you to the finish line

The guide offers three detailed training plans to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons.

Start your ultra with confidence and finish it strong with *Hal Koerner's Field Guide to Ultrarunning*!

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

- Sales Rank: #32887 in Books
- Brand: Velo Press
- Published on: 2014-08-01
- Released on: 2014-08-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .75" w x 6.00" l, .0 pounds
- Binding: Paperback
- 224 pages

 [Download Hal Koerner's Field Guide to Ultrarunning: Tr ...pdf](#)

 [Read Online Hal Koerner's Field Guide to Ultrarunning: ...pdf](#)

## Download and Read Free Online Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond By Hal Koerner

---

### Editorial Review

#### Review

"Whether you are a newbie ultramarathoner or a season veteran, Hal's down-to-earth advice will give you the confidence to get to the finish line or set a personal best." - Scott Jurek

"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. So follow his lead-just don't try to keep up." - Outside magazine

"Ultra-distance champion Hal Koerner serves up amazing insights for training, gear, fueling and trail techniques in this comprehensive book." - Competitor magazine

"Hal Koerner's ultra career was started deliberately, and, with plenty of mentors, he became one of the torchbearers of a new generation of trail fiends." - Runner's World magazine

"Koerner brings both personal athletic credentials and a knowledge of the importances of equipment choices to his subject" !A single-volume source for info on training and gear." - Canadian Running

"American ultrarunner Hal Koerner has written a comprehensive guide to this booming part of the sport." - Athletics Weekly

"A how-to manual chock full of valuable information for newbie and veteran ultramarathoners alike." - Competitor.com

"Koerner's book is the first ultrarunning nuts-and-bolts offering, and might just as well have been titled "ËœEverything you always wanted to know about how to run 100 miles but were afraid to ask." - MailTribune.com

"Ultra running champions like Koerner make it look easy." - Competitor magazine

#### From the Back Cover

### PREPARE FOR YOUR MOST EPIC RUNS!

In ultramarathons, there isn't 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 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. In this smart, down-to-earth training manual, Koerner shares hard-earned wisdom, field-tested practices, and insider tips to help you prepare for your ultra. You'll find guidance on exactly what you need to know to train for your race, including:

- **best gear for ultrarunning**
- fueling and hydration guidelines
- choosing an ultra
- trail-running technique
- first-aid advice
- beating altitude, storms, and heat
- race-day game plans
- crew and pacer tips
- mental strategies to get you to the finish line

The guide offers **three detailed training plans** to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons.

**Start your ultra with confidence and finish it strong with *Hal Koerner's Field Guide to Ultrarunning!***

**HAL KOERNER** has raced ultramarathons across the globe and set fastest known time records on the Colorado Trail and the John Muir Trail. He was featured in the 2011 film *Unbreakable: The Western States 100* and in 2014 was called "The Happiest Runner on Earth" by *Outside* magazine.

#### About the Author

Hal Koerner is one of America's top ultrarunners. He has won Hardrock and twice won the Western States 100. He has finished on the podium in over 90 ultramarathons, setting fastest known times on the Colorado Trail and the John Muir Trail. Hal is race director of four popular trail runs in Oregon and owns Rogue Valley Runners, a running store that is a Mecca for trail runners in the Pacific Northwest.

#### Users Review

##### From reader reviews:

##### **Lauren Barnett:**

Throughout other case, little folks like to read book Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond. You can choose the best book if you want reading a book. Given that we know about how is important any book Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond. You can add information and of course you can around the world by the book. Absolutely right, due to the fact from book you can understand everything! From your country right up until foreign or abroad you will find yourself known. About simple factor until wonderful thing you may know that. In this era, we can easily open a book or perhaps searching by internet gadget. It is called e-book. You can utilize it when you feel uninterested to go to the library. Let's go through.

##### **Timothy Payne:**

Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond can be one of your nice books that are good idea. All of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in vocab, easy to understand, bit

entertaining but nonetheless delivering the information. The copy writer giving his/her effort to place every word into enjoyment arrangement in writing Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond nevertheless doesn't forget the main point, giving the reader the hottest in addition to based confirm resource details that maybe you can be among it. This great information can certainly drawn you into brand new stage of crucial considering.

**John Singletary:**

You are able to spend your free time to learn this book this book. This Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond is simple to deliver you can read it in the park, in the beach, train and soon. If you did not get much space to bring the particular printed book, you can buy often the e-book. It is make you easier to read it. You can save typically the book in your smart phone. Thus there are a lot of benefits that you will get when you buy this book.

**Tim Gonzalez:**

Reading a publication make you to get more knowledge from that. You can take knowledge and information originating from a book. Book is published or printed or outlined from each source in which filled update of news. With this modern era like now, many ways to get information are available for you. From media social such as newspaper, magazines, science publication, encyclopedia, reference book, book and comic. You can add your knowledge by that book. Are you hip to spend your spare time to spread out your book? Or just searching for the Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond when you essential it?

**Download and Read Online Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond By Hal Koerner #GC0FRZBLVA3**

## **Read Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond By Hal Koerner for online ebook**

Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond By Hal Koerner Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond By Hal Koerner books to read online.

### **Online Hal Koerner's Field Guide to Ultrarunning: Training for an Ultramarathon, from 50K to 100 Miles and Beyond By Hal Koerner ebook PDF download**

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

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

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