



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

Hal Koerner , Scott Jurek (Foreword) , Adam W. Chase (Contributor)

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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.

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

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

Malin Friess says

5 stars. This book is the first of its kind as far as I know the only field guide to running ultra-marathons (any distance longer than 26.2 miles...and a walk to the car after a marathon does not count).

In 2012 I was training for my first ultra-race Jemez Springs 50 k and I had no idea how to train. How many days a week do you run? Fartleks? Tempo? Hill Repeats? Weekly mileage? Run alone? With a group?

Hal Koerner runner of over 120 ultramarathons and winner of the hardest 100 miler in the US (Western States 100) and owner or Rogue Valley Runners in Ashland, Oregon (the new hotbed for Ultra-runners writes this very readable guide.

The book has a lot of good advice on things like chaffing, voiding yourself in the Mountains, nutrition, hydration, blisters, headlights, trekking poles, salt, socks, running in snow, elevation, caffeine, passing on singletrack, weighing yourself at checkpoints to prevent hyponatremia or severe dehydration (gain or lose 7% more of your body weight and you are often forced out of the race) and stretching (its useless...I agree).

Hal has a lot of good lines...

It's not an ultra race until you vomit...

Just break the race down..you know now only a Marathon to go...

5 stars. Koerner wants everyone to believe they can race an Ultra. Its finding out how deep you can dig, and then going a little deeper. It would be a joy to meet Hal..maybe I'll find his shop someday in Ashland.

Jacklyn says

If you've been running for a long time, a lot of the book will feel like common sense. In a way, it really does feel like a "field guide" - you're reading someone's notes about the different aspects of prepping for an ultra. I actually thought the best parts were Hal's short anecdotes about previous ultras he's done - the rest of the content were basic, at best.

Vicii says

It wasn't quite what I was expecting nor what I wanted. As a "seasoned" runner it didn't give me anything new and I was hoping for more detailed information on taking long, long runs along with nutrition but it wasn't covered to the depth that I think was needed.

Let's face it, you are not going to decide to run 100 miles if you can't run 5k, so people making a leap to an ultra will already know most of the stuff that's in this book - it's the "extra" advice that they are looking for,

and I just don't feel like it was covered.

Jeff McKay says

Simple to understand with humorous tails from Hal's experiences. Ready to give e a 100 miles a shot after reading this.

Putting a crew together, night running, wildlife, being alone, food. It is explained in a way that is not a overload of information.

Cody says

I read this as a non-ultrarunner/non-trailrunner. A couple of the references were over my head (acronyms, presumably famous ultrarunners) but for the most part it's friendly enough for someone just getting interested in ultrarunning. Target audience is definitely people who are already running a lot and running competitively. The book is about 1/6 memoir, but the author's personal examples do help illustrate certain points.

Diego CL says

I already knew most of the content of this book, it definitely gave a push towards getting enrolled to an Ultra but I need a book of how bad things can get and how to find my way through it.

Brian Burk says

Good read on the technical side of running. I wanted more personal stories from one of the top runners in the USA.

Inspired me to write a running book to motivate, and inspire as well as entertain. Running to Leadville, available on Amazon at <https://www.amazon.com/Running-Leadville>

Thanks, Brian

Erica says

This book provided some valuable information about the sport of ultra running. I have yet to explore this territory personally, so am not in a position to say whether the book has any shortcomings in terms of advice. But all in all I am glad I read it.

Paul Duffau says

Competently written with the assistance of Adam Chase, the guide is well organized from preparation to gear, from training to racing. For those looking for an exciting read into the world of trail ultras, this book will disappoint. At no point does it wax poetic about the trails. Instead, Koerner focused on getting you there, and safely, so you can do the poetic bit yourself. Also, the less romantic bits like eating on the run, handling mud, and where to pee.

One thing that might be misleading to some - this guide is exclusively oriented to trail unltrarunning. Wait, that's not right. It's exclusively oriented to trail racing.

It does not include any ultra road races or 12/24/48 hour events and the unique challenges they pose. If you are intending to try one of those events, you'll need to seek some advice outside the scope of the Field Guide to Ultrarunning.

The book is geared towards ultra-racing more than simply ultrarunning but the principles remain. The cool part about ultrarunning is you really don't need permission or a race entry to go someplace awesome to run. If you've built out the body to handle it and learned how to handle the trails, you have all you need to do an ultra-run, even if you never do an ultra-race.

One pleasant element of the book was Koerner's willingness to use his mistakes as object lessons for the rest of us to learn from. I've maintained that the guy or woman who wins the race isn't always the best runner but the one who makes the least mistakes.

That's how I beat the great Karl Meltzer once and it will never happen again.

Anyway, using the real life examples, Koerner does a nice job of showing the results of bad decision-making and, sometimes, just plain bad luck. He offers good advice on how to handle it. When you get to that part of the book, listen. It may save your ultrarunning career.

If you're a marathoner looking to move up, this is a book that should land on your book shelf and be referred to frequently. If you never conceive of doing anything so foolish as an ultra, it's probably not for you.

If you're on the fence, though, get the book. Hal Koerner will lead you through the process, show you it's achievable, and put the tools in your hand to get there.

Once you have the tools, it's up to you to go out and find the poetry on the trail.

Estêvão Eller says

Dá uma boa visão geral recheada de relatos de experiências pessoais. Apesar de técnico em parte, é divertido de ler.

Matti says

Ultrajuoksuopas keskittyy kaikenlaisiin käytännön asioihin, jotka pitkällä taipaleella pitää huomioida. Kiinnostava yleisestikin, jos kestävyysurheilu kiinnostaa.

Nick Klagge says

An enjoyable book about the nuts and bolts of ultrarunning from a very accomplished runner. (Watch the movie "Unbreakable" and see if you end up rooting for him!) Elise and I borrowed this from a friend who has already run several ultras. After reading this and crewing for our friend at the Miwok 100K, we are ready to take the plunge and run our first ultra this fall! (Just a 50K though.)

Kris Lodwig says

This was my favorite of the three I read. I think I'll use his 50 miler running plan.

Roger Mitchell says**Helpful as a primer for running ultras**

I used this book as a primer for what to expect with an ultra prior to registering for the event. At this point I feel comfortable that it's a challenge to which I'll commit time and energy, largely because of Hal's clear advice and anecdotal evidence to back up the claims.

Matt says

Hal's a badass ultrarunner and probably the most versatile champion of his generation. I'm not the intended audience, personally, but it still kept me entertained throughout. This is because it reads like a long conversation with Hal, over a beer, on how he runs ultras.
