Training Essentials for Ultrarunning: How to Train Smarter, Race Faster, and Maximize Your Ultramarathon Performance

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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.

Training Essentials for Ultrarunning: How to Train Smarter, Race Faster, and Maximize Your Ultramarathon Performance Details

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From Reader Review Training Essentials for Ultrarunning: How to Train Smarter, Race Faster, and Maximize Your Ultramarathon Performance for online ebook

Ozgur says

Best book I read on the subject...

Martin says

A lot of great and simple training principles that can be applied right away with ease. I liked the first part but the second was a little drier.

Joe says

A well written training guide for ultra distance running. Most likely the best ultra training guide on the market at this time.

Dan says

For when you are ready to actually train for/ run one

Rick Jackofsky says

A bit too technical for my taste. I would rather read anecdotal tales about the mystery of distance running than tables, charts, and research data. If I used this book as a training guide I would feel more like a lab rat than a trail runner. I found the section in the back, "Coaching Guide to North American Ultras" to be most interesting chapter in the book.

Lisa says

Great information packed into this book and solid, applicable training advice that I can't wait to incorporate into my training and racing.

Luke Winders says

Pretty technical, not geared toward mid/back of the pack folks, but I'm delusional enough to think i can progress to mid-front some day. The most interesting part to me was the race-specific training guidelines for several legendary ultras in the last section. My only real practical-for-the-moment takeaway is the confirmation speed work is effort work and has its place, even if you don't plan on running a sub-10 minute mile in your next ultra.

Leonard says

I don't run near as much or as fast as I used to, but I find books about running very interesting. I didn't read everything in this one, but it seems to be an important book to have if you are training to participate in ultra running events.

William Thompson says

I have been a distance runner since 2009, and the mystique of Ultramarathoning has captivated me almost as long. I am not (currently) an ultra-runner by any means, but I harbor a bit of desire to compete at some point. Also, I believe that running is a discipline on a large spectrum and runners/runner's coaches will do well to read and study deeply and broadly within the discipline.

Koop's work is a much needed training manual for ultra-running. Most literature on the subject has been memoir or autobiographic up until now.

Those in the shorter distance races will likely find Koop's strategy of periodization both logical and surprising. By this I mean that he recommends strongly and scientifically to progress from generalized fitness to race-specific training; however, in ultra-marathoning that means VO2max work proceeds tempo and steady state efforts, and athletes finish a training cycle running longer and slower (as they will in their race) than ever before. Such a postulation is, scientifically, totally sound though diametrically opposite to what marathoners and down will likely be used to.

Other interesting bits are Koop's coaching and interpersonal insights (fans of the On Coaching with Magness and Marcus podcast will be right at home); and his U. S. Ultramarathon race guides (conspicuously absent, though are international races suck as UTMB, Tarawera, and Comrades).

In summation, Koop provides a valuable, empirical resource to not only Ultrarunning but general Athletics training and coaching. I look forward to increased scientific discussion on the subject of Ultrarunning, hopefully, Jason Koop has broken that barrier.

Chad says

I wish I would've purchased a physical copy instead of a digital one for this, lots of good info that I'd prefer to flip between pages for.

Iain Macfarlane says

Well written and well researched. Designed to give you the tools to create and tinker with your own training plans over the unique challenges of the ultra distance. Aimed at people who have knowledge and experience and want to put it together meaningfully. Treats ultras as a different sport than running and shows you why you can't just take marathon plans and extend them. Well worth the read for the obsessed.

Chris says

I think this is good, check back later

After finishing my fifth marathon and being a bit burned out on the distance I signed up for a 50k on a whim and had a blast. So I figure if I'm going to keep moving up I better read up a bit. Koop writes well and the ideas here are pretty clear. If you're a marathon regular you'll have no problem with this. The athlete stories are fun, and I'm looking forward to trying the rice ball recipe. I'll check back in after the Ice Age 50 in May.

Loren Crannell says

I will keep this review short because I am not convinced the training techniques in the book work for the majority of runners. The book was also not as definitive as I was expecting and it felt it was just enough to make a reader feel compelled to call CTS. My only issue was the perceived effort (PE) was used constantly, but no way of trying to validate if your self-assessment of PE was normal.

For mid to back of the packers for a long ultra I am not sure we have the time or the ability to train to be 100% ready for an event without some sort of guidance from HR and PE.

That said, there is still a lot of good information and it's worth reading to round out your knowledge of running and sports physiology.

Nikolay says

The best book about ultra running on the market in my opinion. It gives a lot of tips and ideas about training plan, nutrition, energy systems of your body and mental aspects of running ultras. However if you are looking for something with more scientific and deep explanation you will be disappointed(Although there is a list of resources at the end that you can research if you want). This book gives you tips but not an exact scheme how to schedule your long-range training plan. If you can't afford coaching from author's team then you'll have to figure it out on your own. Also, I think that this book could have been way shorter. Anyways it worth the money spent.