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Hal Koerner's Field Guide to Ultrarunning - VeloPress

"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."

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Tantor Media - Hal Koerner's Field Guide to Ultrarunning

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:

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Hal Koerner's Field Guide to Ultrarunning : Training for ...

Hal Koerner's Field Guide to Ultrarunning, does a great job of introducing the sport of ultrarunning to beginner and seasoned runners that are thinking about venturing into ultras. It provides a great overview of what one can possibly experience out on the trail.

Hal Koerner's Field Guide to Ultrarunning - Book Review ...

Hal Koerner's Field Guide to Ultra Running Book Review Written by Brett Oblack| Topic: running books Anyone with a passing familiarity to the ultrarunning scene has heard of Hal Koerner. As one of the most consistent performers in the sport for more than a decade, Hal has won almost every major 100 mile race at some point in his career.

Hal Koerner's Field Guide to Ultra Running Book Review

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Hal Koerner's Guide to Getting Started in Ultrarunning ...

An exclusive excerpt from Hal Koerner's Field Guide to Ultrarunning on running the right pace, hill technique, incorporating tempo runs, tapering and 8 weeks of Hal's recommended 16-Week 50K Training Plan. Just as a journey of a thousand miles begins with the first step, your ultra race begins with solid training.

Hal Koerner's Training Advice for 50Ks and Beyond | Trail ...

In 2014, "Hal Koerner's Field Guide to Ultrarunning" was published and released by VeloPress. The book details training for an ultra marathon; from 50k to 100 miles. It debuted #1 in its category on Amazon's bestsellers list. Hal has held the Fastest Know Time for the Colorado Trail (489 miles) and the John Muir Trail (221 miles).

Hal Koerner - Wikipedia

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.<b...

Hal Koerner's Field Guide to Ultrarunning on Apple Books

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