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# Hal Koerner's Field Guide To Ultrarunning: Training For An Ultramarathon, From 50K To 100 Miles And Beyond



## Synopsis

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 ultratrail-running technique; first-aid advice; beating altitude, storms, and heat; race-day game plans; screw 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*!

## Book Information

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## Customer Reviews

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 ultrarunning. 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. 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.

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