



So you want to run an Ultra: How to prepare for ultimate endurance

Andy Mouncey

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So you want to run an Ultramarathon. It all looks a very long way, doesn't it? It can't be good for you, it can't be fun and surely you have to be some kind of super-athlete to be able to run that far? This book shows that it is a very long way, that it can be good for you, and that you most certainly don't have to be super-human to finish one. It also goes further by inspiring you to get started and by guiding you each step of the way. So, whether you're just curious to know more about this fast-growing global sport or searching for the right answers to your own ultra-running breakthrough, this book will prove as valuable as your favourite running shoes. Includes advice on making the transition from marathon or triathlon; strategies for winning the mental battle; keeping your feet intact; maintaining the right fuel intake; how to build strength and endurance and, finally, how to deal with running in the dark. Andy Mouncey writes from the heart, combining great insight and knowledge with a knack for making the complicated seem simple. Throw in a healthy dose of dry humour and case-study contributions from real people at various stages of their ultra-running journey and you have a book that redefines the 'How To' style of sports training guide. Illustrated with 93 colour photographs.

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