



# Ultra Marathon Training

*Wolfgang Olbrich*

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## **Ultra Marathon Training** Wolfgang Olbrich

The main section of the book gives fun runners and ambitious runners alike a knowledgeable introduction, enabling them to draw up a structured training plan for the ultra-distances. Runners are provided with plans for 50km 100km, 24hr and multi-day races and shown how to achieve these performances. They are shown that the training required is also possible for interested Marathon runners, and is not so very different from good Marathon training. They are given information on correct nutrition, orthopedic problems, typical injuries and even mental training, thus providing an optimal preparation for successful ultra-running.

The book ends with tips on equipment, a bibliography and useful internet links.

As well as these training aspects, the book also gives an understanding of the fascination of this sport, bringing the scene to life with brief biographies of 10 top runners as well as selected running anecdotes.

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