

# 100k ultra training plan

**100k ultra training plan** is essential for runners aiming to conquer the challenges of a 100-kilometer ultramarathon. Completing such a race demands rigorous preparation, tailored training strategies, and a deep understanding of endurance running. This comprehensive guide covers everything from building a solid mileage base to incorporating essential speed work and recovery techniques. Whether you are a seasoned ultrarunner or stepping up from shorter distances, a well-structured 100k ultra training plan will optimize your performance and reduce injury risk. This article breaks down the key components of an effective training regimen, including nutrition, mental preparation, and race-day strategies. Explore the detailed phases of training, cross-training benefits, and tips for pacing and hydration to ensure success in your 100k ultramarathon journey.

- Understanding the 100k Ultra Challenge
- Building a Strong Mileage Base
- Incorporating Speed and Hill Training
- Nutrition and Hydration Strategies
- Recovery and Injury Prevention
- Mental Preparation and Race Day Tactics

## Understanding the 100k Ultra Challenge

Running a 100k ultramarathon is a demanding endurance event that tests both physical and mental limits. The race distance, approximately 62 miles, often covers varied terrain including trails, mountains, and technical paths. Understanding the unique challenges posed by this distance is vital when designing a 100k ultra training plan. Factors such as elevation changes, weather conditions, and race duration require specific preparation to build stamina, strength, and resilience. Additionally, pacing strategies differ significantly from shorter races, emphasizing energy management and sustained effort over many hours.

## Physical Demands of a 100k Race

The physical demands of running 100 kilometers are substantial. Athletes must develop aerobic endurance, muscular strength, and joint stability to endure long hours of continuous movement. The repetitive impact stresses require a gradual buildup of training volume to minimize injury risk. A 100k ultra training plan focuses on increasing weekly mileage, incorporating long runs, and simulating race conditions to prepare the body adequately.

## **Mental Challenges and Preparation**

Mental toughness is as important as physical conditioning in 100k ultramarathons. Runners face fatigue, discomfort, and moments of doubt during the race. Mental preparation techniques such as visualization, positive self-talk, and goal setting are integral parts of a comprehensive training plan. Understanding how to manage pain and maintain focus can significantly influence race outcomes.

## **Building a Strong Mileage Base**

A solid mileage base forms the cornerstone of any effective 100k ultra training plan. Gradually increasing weekly running volume enhances aerobic capacity, strengthens muscles, and improves endurance. This phase typically spans several months and emphasizes consistency and injury prevention. Building mileage should be done progressively, following the 10% rule or similar guidelines to avoid overtraining.

## **Weekly Mileage Progression**

Starting from a comfortable baseline, runners should increase their weekly mileage by about 5-10% every one to two weeks. This gradual progression allows the body to adapt to the increased demands without excessive strain. High-mileage weeks should be interspersed with recovery weeks featuring reduced volume to promote adaptation and reduce fatigue.

## **Long Runs and Back-to-Back Training**

Long runs are critical components of a 100k ultra training plan, simulating race conditions and building endurance reserves. These runs should progressively increase in distance, reaching between 25 to 35 miles in peak training weeks. Incorporating back-to-back long runs, such as running long distances on consecutive days, helps condition the body to perform under fatigue, mimicking race scenarios.

## **Incorporating Speed and Hill Training**

While endurance is paramount, speed and hill training are essential elements of a balanced 100k ultra training plan. Speed workouts improve running economy and cardiovascular fitness, whereas hill training builds strength and prepares runners for varied terrain often encountered in ultramarathons.

## **Speed Workouts**

Speed workouts may include intervals, tempo runs, and fartlek sessions. These workouts enhance lactate threshold and running efficiency, allowing runners to maintain a faster pace for longer periods. They should be incorporated once or twice weekly during the peak training phases, carefully balanced with recovery days to prevent burnout.

## Hill Training Benefits

Hill repeats and sustained climbs develop leg strength, improve stride mechanics, and increase aerobic power. Training on hills also conditions the muscles and joints to handle the eccentric loading typical of downhill running, reducing injury risk. Including hill workouts once per week is advisable for 100k ultra runners, especially when preparing for a race with significant elevation gain.

## Nutrition and Hydration Strategies

Proper nutrition and hydration are critical for successful 100k ultra training and race performance. Fueling the body adequately during training enhances energy levels and recovery, while race-day nutrition supports sustained effort and prevents bonking. A 100k ultra training plan must integrate tailored nutrition strategies to meet the high caloric and electrolyte demands of ultramarathon running.

## Training Nutrition

During training, runners should focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. Carbohydrates provide the primary fuel for endurance efforts, while protein supports muscle repair and recovery. Hydration should be maintained consistently, with electrolyte intake adjusted based on sweat rate and environmental conditions.

## Race Day Fueling

On race day, consuming easily digestible carbohydrates in the form of gels, bars, or drinks helps maintain blood glucose levels. Regular intake every 30 to 45 minutes is recommended to prevent energy dips. Electrolyte supplementation is crucial to avoid cramps and dehydration, particularly in hot or humid conditions. Practicing race nutrition during long training runs is essential to identify what works best for the individual.

## Recovery and Injury Prevention

Recovery protocols and injury prevention strategies are indispensable components of a 100k ultra training plan. The intense training volume and long-duration efforts place significant stress on the body, necessitating adequate rest and proactive care to maintain health and performance.

## Rest and Active Recovery

Incorporating rest days and active recovery sessions such as easy runs, swimming, or cycling helps reduce muscle soreness and promote blood flow. Sleep quality and duration also play vital roles in recovery by facilitating tissue repair and hormonal balance.

## Preventing Common Injuries

Common ultrarunning injuries include IT band syndrome, plantar fasciitis, and stress fractures. Preventive measures include strength training targeting the core and lower body, flexibility exercises, proper footwear selection, and listening to the body's signals to avoid overtraining. Regular assessments and adjustments in the training plan help mitigate injury risks.

## Mental Preparation and Race Day Tactics

Mental preparation and strategic planning are key to successfully completing a 100k ultramarathon. A well-devised 100k ultra training plan includes psychological readiness and tactical approaches to pacing, navigation, and dealing with unforeseen challenges on race day.

## Developing Mental Resilience

Techniques such as mindfulness, goal setting, and mental imagery improve concentration and emotional control during long races. Breaking the race into smaller segments and celebrating incremental achievements can help maintain motivation and reduce psychological fatigue.

## Effective Race Day Strategies

Successful race tactics involve pacing wisely, managing nutrition and hydration, and adapting to weather or terrain changes. Starting conservatively and maintaining steady effort prevents early burnout. Familiarity with the course and having a flexible plan are advantageous for navigating the unpredictable nature of ultramarathons.

## Essential Gear and Support

Choosing appropriate gear such as trail shoes, hydration packs, and weather-appropriate clothing is vital. Support crews or pacers can provide encouragement, supplies, and critical assistance at designated aid stations, enhancing race experience and safety.

- Gradual Mileage Increase
- Long Runs and Back-to-Backs
- Speed and Hill Workouts
- Balanced Nutrition and Hydration
- Rest and Injury Prevention
- Mental Conditioning and Race Tactics

# Frequently Asked Questions

## What is a 100k ultra training plan?

A 100k ultra training plan is a structured schedule designed to prepare runners for a 100-kilometer ultramarathon, focusing on building endurance, strength, and pacing over several weeks or months.

## How long should a 100k ultra training plan typically last?

Most 100k ultra training plans last between 12 to 20 weeks, depending on the runner's experience level and goals.

## What are the key components of a successful 100k ultra training plan?

Key components include long runs, back-to-back long runs, tempo runs, strength training, recovery days, and proper nutrition and hydration strategies.

## How important is back-to-back long runs in a 100k ultra training plan?

Back-to-back long runs are crucial as they simulate running on tired legs, helping to build endurance and mental toughness needed for ultra distances.

## Can beginners follow a 100k ultra training plan?

Yes, beginners can follow a 100k training plan but should choose a beginner-friendly plan, gradually increase mileage, and prioritize recovery to avoid injury.

## What nutrition strategies should be incorporated during a 100k ultra training plan?

Nutrition strategies include practicing fueling during long runs with carbohydrates, electrolytes, and hydration, as well as maintaining a balanced diet to support training demands and recovery.

## Additional Resources

### 1. *100K Ultra Training Blueprint: From Start to Finish*

This comprehensive guide offers a step-by-step training plan designed specifically for runners aiming to complete a 100-kilometer ultramarathon. It covers essential topics such as building endurance, nutrition strategies, injury prevention, and mental toughness. Whether you are a beginner or an experienced ultra runner, this book provides practical advice to help you cross the finish line strong.

### 2. *Endurance Evolution: Mastering the 100K Ultra*

Endurance Evolution delves into the physical and psychological demands of 100K ultramarathons, providing tailored workouts and recovery protocols. The book emphasizes adaptive training plans that

evolve with your progress, ensuring sustainable improvements. It also includes inspiring athlete stories and expert tips for race day preparation.

### *3. The Science of 100K Ultra Running*

This book takes a scientific approach to training for 100-kilometer races, exploring physiology, biomechanics, and nutrition in depth. It explains how to optimize your training load and monitor your performance using data-driven methods. Ideal for runners who want to combine science with practice to maximize their ultra running potential.

### *4. Ultra Training Essentials: Preparing for Your First 100K*

Designed for first-time 100K runners, this book breaks down complex training concepts into manageable phases. It covers everything from base building to tapering, and includes sample training schedules. Readers will gain confidence in their training and race strategies, making their debut ultra experience a successful one.

### *5. Mental Fortitude for the 100K Ultra Runner*

This book focuses on the mental challenges faced during ultra-endurance events and offers techniques to build resilience and focus. It includes visualization exercises, mindfulness practices, and strategies to overcome common psychological hurdles. A must-read for anyone looking to strengthen their mental game alongside physical preparation.

### *6. Fueling the 100K Ultra: Nutrition and Hydration Strategies*

Nutrition can make or break an ultra race, and this book provides detailed guidance on fueling correctly before, during, and after a 100K event. It discusses macronutrient balance, electrolyte management, and race-day eating plans. Practical tips and recipes make it easy for runners to implement effective nutrition strategies.

### *7. 100K Ultra Training Plan: A Runner's Weekly Guide*

This book presents a structured weekly training plan tailored for 100K ultramarathon preparation. It includes progressive mileage increases, cross-training suggestions, and rest days to prevent burnout. Each week's goals and key workouts are clearly outlined, making it simple to track progress and adjust as needed.

### *8. Trail to Triumph: 100K Ultra Training for Trail Runners*

Focusing on trail ultramarathons, this guide addresses the unique challenges of training on varied terrain for 100K races. It covers hill workouts, technical running skills, and trail-specific gear recommendations. Readers will learn how to adapt their training to handle different environments and race conditions.

### *9. Recovery and Injury Prevention in 100K Ultra Training*

Recovery is critical for ultra runners, and this book emphasizes techniques to avoid injury and promote healing throughout your 100K training cycle. It includes stretching routines, strength training, and advice on managing common ultra-running injuries. By prioritizing recovery, runners can maintain consistency and improve overall performance.

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**100k ultra training plan: Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race** Krissy Moehl, 2022-03-08 \*\*\*Updated and expanded new edition\*\*\* An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you'll be able to train for your first ultra like a pro. Moehl's experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

**100k ultra training plan: The Ultimate Ultra Running Handbook** Claire Maxted, 2024-09-12 A practical, accessible training guide for any runner looking to take up the challenge of ultra-running. From runners looking for the challenge of their first ultra running event (anything longer than a marathon distance), to more seasoned long distance runners looking to improve their time or recovery, this book is your must have resource. Packed with training, nutrition, skills, gear and motivation advice - it has all you need to become a more confident ultra runner. This book takes you through the best kit, why to take on an ultra, where to run - both locally and globally, how to get faster and run further, how to find the time to train, training plans from 50k to 160k, as well as advice on overtraining and much more. Completed with inspirational photos, illustrations and case studies from ultra runners of diverse backgrounds, alongside tips and advice from pros and coaches across the sport.

**100k ultra training plan: Hal Koerner's Field Guide to Ultrarunning** Hal Koerner, 2014-08-01 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 ultra trail-running technique first-aid advice beating altitude, storms, and heat race-day game plans crew 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!

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--Practical wisdom on speed work --Cross training ideas for running fitness and recovery --Tips on running barefoot --Inspiration to go farther than you've ever gone before

**100k ultra training plan:** *The Trail Runner's Companion* Sarah Lavender Smith, 2017-06 The Trail Runner's Companion provides a goal-oriented guide that coaches and inspires the reader to make steady progress toward becoming a better and more satisfied runner through trail running.

**100k ultra training plan:** *100-Mile Ultra-Marathon Training Schedule* Elite R N, 2020-01-10 An ultramarathon, also called ultra distance or ultra running, is any footrace longer than the traditional marathon length of 42.195 kilometres (26.219 mi). If Marathons have become too easy for you. What was once the pinnacle of achievement in a runner's life is now a stepping stone for extraordinary adventure in ultramarathoning. This book is training program In a more 21 weeks you can be ready for a 100-miles. This schedule is ideal for busy runners looking to take on an ultra-marathon. 100-Mile Ultra-Marathon Training schedule includes: 16 Week trainig plan — In a 21 weeks you can be ready for a 100-miles. This schedule is ideal for busy runners looking to take on an ultra-marathon. The Ultra Marathon training plan key.. Running Log — 21 Week for keep record training (Duration, Distance, Average Pace)

**100k ultra training plan:** *Trail Running* Jasper Quincy, AI, 2025-03-10 Trail Running offers a comprehensive guide to thriving in the world of off-road running, emphasizing that conquering trails requires resilience, skill, and environmental understanding, not just speed. It moves beyond conventional notions of running by integrating physical conditioning with terrain navigation and ecological awareness. Did you know that efficient foot placement and body positioning can significantly impact your ability to tackle steep inclines and rocky paths? Or that understanding weather patterns and wildlife behavior is crucial for safety and responsible trail use? The book's approach is both practical and accessible, bridging the gap between scientific theory and real-world application. It progresses from fundamental concepts like trail etiquette and gear selection to mastering diverse terrains, building endurance through tailored training methodologies (such as hill repeats), and adapting to environmental factors like altitude and weather. Ultimately, Trail Running aims to equip runners of all levels with the knowledge and tools to enjoy safer, more effective, and environmentally conscious adventures in the great outdoors.

**100k ultra training plan:** *Language, Identity Online and Running* Nur Kurtoğlu-Hooton, 2021-10-16 This book focuses on language and identity online within the context of running from an interdisciplinary perspective. It brings together digital ethnography, existential phenomenology, interpretative phenomenological analysis and sporting embodiment in the pursuit to explore runners' lived experiences and identities online. Language, identity and identity online are often studied in broader social contexts such as education, culture and politics, and running is intimately related to key issues in contemporary society, such as health and exercise, sport and nationalism, embracing a variety of discourse types and having implications more generally for our identity as human beings. The evolving online media through which people make sense of who they are and which groups they belong to are enabling new ways of realising identities and relationships. This book will be of interest to applied linguists, discourse analysts, as well as those interested in sports, sports psychology, and identity enactment.

**100k ultra training plan:** *Ultra Marathon Training* Wolfgang Olbrich, 2012-10-01 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.



**100k ultra training plan:** *Trail Running* Jeff Galloway, 2015-01-15 If you want to experience the real freedom of running in a natural surrounding and if the ever repeating runs in the streets start to bore you, trail running is the right way to improve your running experience. The charm of starting trail running is to find your own way on lonely mountain hiking trails and to set your own goals, because no trail run can be compared to another. Running guru Jeff Galloway offers his own approach of getting started with his unique way of guaranteeing an injury-free running style. With his Run-Walk-Run™ method Jeff helps beginners to start trail running the right way. Advanced runners can use a specialized training program which will help them prevent overtraining, injuries, and other calamities you can encounter during intense training sessions. The book covers a wide range of trail running equipment, especially covering the whole range of trail running shoes. If you want to jump start your trail run, this is your complete guide.

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**100k ultra training plan:** *Daniels' Running Formula* Jack Daniels, 2022 In the fourth edition of Daniels' Running Formula, legendary running coach Jack Daniels has refined his revolutionary VDOT system, providing more precise training pace plans and expanding coverage of ultradistance training, triathlon preparation, and training in challenging environments.

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**100k ultra training plan:** *The Happy Runner* Roche, David, Roche, Megan, 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

**100k ultra training plan:** *Running Home* Katie Arnold, 2020-09-08 In the tradition of Wild and H Is for Hawk, an Outside magazine writer tells her story—of fathers and daughters, grief and

renewal, adventure and obsession, and the power of running to change your life. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE** I'm running to forget, and to remember. For more than a decade, Katie Arnold chased adventure around the world, reporting on extreme athletes who performed outlandish feats—walking high lines a thousand feet off the ground without a harness, or running one hundred miles through the night. She wrote her stories by living them, until eventually life on the thin edge of risk began to seem normal. After she married, Katie and her husband vowed to raise their daughters to be adventurous, too, in the mountains and canyons of New Mexico. But when her father died of cancer, she was forced to confront her own mortality. His death was cataclysmic, unleashing a perfect storm of grief and anxiety. She and her father, an enigmatic photographer for National Geographic, had always been kindred spirits. He introduced her to the outdoors and took her camping and on bicycle trips and down rivers, and taught her to find solace and courage in the natural world. And it was he who encouraged her to run her first race when she was seven years old. Now nearly paralyzed by fear and terrified she was dying, too, she turned to the thing that had always made her feel most alive: running. Over the course of three tumultuous years, she ran alone through the wilderness, logging longer and longer distances, first a 50-kilometer ultramarathon, then 50 miles, then 100 kilometers. She ran to heal her grief, to outpace her worry that she wouldn't live to raise her own daughters. She ran to find strength in her weakness. She ran to remember and to forget. She ran to live. Ultrarunning tests the limits of human endurance over seemingly inhuman distances, and as she clocked miles across mesas and mountains, Katie learned to tolerate pain and discomfort, and face her fears of uncertainty, vulnerability, and even death itself. As she ran, she found herself peeling back the layers of her relationship with her father, discovering that much of what she thought she knew about him, and her own past, was wrong. *Running Home* is a memoir about the stories we tell ourselves to make sense of our world—the stories that hold us back, and the ones that set us free. Mesmerizing, transcendent, and deeply exhilarating, it is a book for anyone who has been knocked over by life, or feels the pull of something bigger and wilder within themselves. "A beautiful work of searching remembrance and searing honesty . . . Katie Arnold is as gifted on the page as she is on the trail. *Running Home* will soon join such classics as *Born to Run* and *Ultramarathon Man* as quintessential reading of the genre."—Hampton Sides, author of *On Desperate Ground* and *Ghost Soldiers*

**100k ultra training plan: The Tao of Running** Gary Dudney, 2016-07-27 Running is more than moving one foot in front of the other. Running can evoke spiritualism and mindfulness; it can teach fundamental lessons about goals, self-awareness, and self-improvement; it can be a transformative existential experience. *The Tao of Running* offers a fresh perspective on this mental side of running while entertaining with vivid tales of running adventures. Going well beyond the standard training and racing advice found in most running books, it guides runners to a wider understanding of how running fits into their own aspirations, goals, and life philosophy. *The Tao of Running* answers questions such as: How does running evoke mindfulness and lead to stress reduction? How does running promote special friendships and new perspectives on life? No other book offers readers these multiple frameworks for understanding their running experiences along with lots of practical advice on getting the most out of running. Readers are guaranteed to gain a greater appreciation for the rewards and possibilities inherent in running and will significantly deepen, enlighten, and enrich their running experience.

**100k ultra training plan: You, Me & Everyone We Know** Inspire Ireland, ReachOut.com, 2014-11-03 *You, Me and Everyone We Know* is a collection of personal stories from the worlds of journalism, broadcasting, professional sport and everyday life, from men, women, boys and girls, exploring how they faced and ultimately overcame a range of day-to-day challenges to their mental well-being. While dealing with a broad spectrum of the difficulties we all face at different times, from illness and depression, to bereavement and personal struggles, this book will show how everyone's problems are all of our problems, that support is out there and, most importantly, that better times will come. Compiled by ReachOut.com, this is a book for all of us, to inform and inspire us and to help us support those we know who are going through tough times.

**100k ultra training plan: Broken** Ally Beaven, 2020-12-03 'The emotional pain of failing just felt like it was going to be a bit worse than the physical pain of carrying on ... ' Attempting to break long-distance running records used to be an underground endeavour, until the virus-stricken summer of 2020 came along. Only a few, such as the Bob Graham Round in the Lake District, had ever broken into mainstream consciousness. But an absence of running races thanks to the Covid-19 pandemic resulted in an unprecedented rise in the popularity of attempts at breaking these records. In Broken, Ally Beaven takes an entertaining look at just why 2020 was so unusual for long-distance running. With his interest in Fastest Known Times (FKTs) piqued, Beaven immerses himself in the scene. His summer becomes one of spending hours in the hills feeding, cajoling and generally trying to keep safe the runners he is supporting, as well as following the dots of live trackers in the middle of the night and endlessly refreshing his Twitter feed as records tumble around the country. Through the stories of John Kelly's epic Grand Round, Beth Pascall's record-shattering Bob Graham Round, Donnie Campbell's mind-bending new mark for bagging all 282 Munros, Jo Meek's new overall record for the Nigel Jenkins Dartmoor Round and many others, Beaven brings us an inside look at the incredible FKT machine. Broken is the story of the summer of 2020, a historic time for running in the UK.

**100k ultra training plan: Running Times** , 2008-12 Running Times magazine explores training, from the perspective of top athletes, coaches and scientists; rates and profiles elite runners; and provides stories and commentary reflecting the dedicated runner's worldview.

**100k ultra training plan: 1001 Running Tips** Robbie Britton, 2021-11-15 1001 Running Tips by Robbie Britton is a light-hearted and informative guide to all kinds of running. This is no standard instruction manual – it is much more useful than that. This is a huge collection of small tips to make a real difference to your running, whether you're just starting out and aiming to run for 30 minutes without stopping or if you're training for your first marathon – this book will improve your running. The myriad of topics featured include starting out, setting goals, training plans, injury, nutrition, safety, kit, running with your dog, navigation, sleep deprivation, running in all weathers, racing, fell running and music. Robbie's unique and accessible style will keep you entertained and, most importantly, he'll motivate you to keep enjoying running, overcome obstacles getting in your way and to become the best runner you can!

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