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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 Amazons 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

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