



Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-mile Race

By Krissy Moehl

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Photography by Fredrik Marmsater

Take Your Training to New Heights with This One-Stop Manual on Ultras

With fifteen years 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. Between Moehl's positive and encouraging attitude and her deep knowledge and enthusiasm for the sport, there's no one better to prepare and train you for your first ultra and beyond!

Moehl will become your guide to completing a 50K, 50-mile or 100-mile race. Her 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 shares her love of the sport by providing helpful tips, bonus content and personal stories. Her commitment to growing the sport and passion for coaching others running their first is evident in the care she's taken to create detailed plans and lifestyle adjustments. With Moehl, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

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Editorial Review

Review

“Krissy is the ideal person to guide and encourage you towards your first ultra. Her book will give you the support you need so that you can enjoy each step of your journey.” ?Lizzy Hawker, *five-time Ultra-Trail du Mont-Blanc champion and author of RUNNER*

“Krissy brings a level-headed approach to a bombast sport. If I could trust one person to guide me toward my goals, it would be Krissy, no question.” ?Jenn Shelton, *previous 100-mile trail record holder*

“There is no one I'd trust more to advise me about running than Krissy Moehl. Personally, professionally and athletically, no one is more accomplished and revered.” ?Christopher McDougall, *author of bestsellers BORN TO RUN and NATURAL BORN HEROES*

“I've known Krissy since she first hit the trails and she has been attacking them with grit and grace for over a decade. Follow in her footsteps!” ?Scott Jurek, *ultramarathon champion, bestselling author of EAT AND RUN*

“Krissy Moehl is one of the most successful ultra runners on the planet, male or female; so it is fitting that she has written a book to help the rest of us gain insight into her training methods and philosophy. A recommended read for anyone looking to get into the sport.” ?Ewen North, *Director and Head Coach of Revolution Running*

“Krissy Moehl knows what it means to take the road less traveled, and the difference this had made in her life. Stepping into these pages opens an invitation to join the ultra running community, and to look more deeply into yourself - what you are made of and what you can do.” ?Kristin Armstrong, *Contributing Editor for RUNNER'S WORLD magazine, author of MILE MARKERS and a mother of three*

About the Author

Krissy Moehl is an ultramarathon runner, coach, public speaker and race director. In her 15-year career, she has run more than 100 races. She has 55 female wins and 2 outright wins. Moehl's impressive track record boasts first female finishes at the world's toughest ultras including Ultra Trail du Mont Blanc 165km, Ultra Trail du Mont Fuji 100 mile, HURT 100, Hardrock 100 and several others. Moehl blogs about her running at KrissyMoehl.com. She hails from the Pacific Northwest.

Users Review

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Olga Harrington:

This Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-mile Race book is just not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is usually information inside this e-book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. That Running Your First Ultra: Customizable Training Plans

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Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-mile Race can be one of your starter books that are good idea. All of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to set every word into delight arrangement in writing Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-mile Race yet doesn't forget the main position, giving the reader the hottest and based confirm resource information that maybe you can be certainly one of it. This great information could drawn you into new stage of crucial pondering.

Pearl Minjares:

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