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Tantor Media - Hal Koerner's Field Guide to Ultrarunning

Somewhere in the middle of these two ends of the spectrum is Hal Koerner ' s Field

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Guide to Ultrarunning (gonna call it HKFGU from now on). For those who don't know, Hal has won some of ultrarunning's most high profile races including Western States 100 (twice) and Hardrock 100.

Hal Koerner's Field Guide to Ultrarunning – Sam Stagers On

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.

Hal Koerner's Field Guide to Ultrarunning: Training for an ...

This excerpt comes from Hal Koerner's Field Guide to Ultrarunning, a comprehensive handbook to running 30 to 100 miles and beyond, written by Hal Koerner, one of the most experienced and recognized athletes in the ultrarunning. Ch 1: Getting Started "Ultra," by one definition, means "extreme."

Hal Koerner's Guide to Getting Started in Ultrarunning ...

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UltraRunning magazine

Hal Koerner's Field Guide to Ultrarunning: Training for an ...

Hal Koerner ’ s Field Guide to Ultrarunning, does a great job of introducing the sport of ultrarunning to beginner and seasoned runners that are thinking about venturing into ultras. It provides a great overview of what one can possibly experience out on the trail.

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