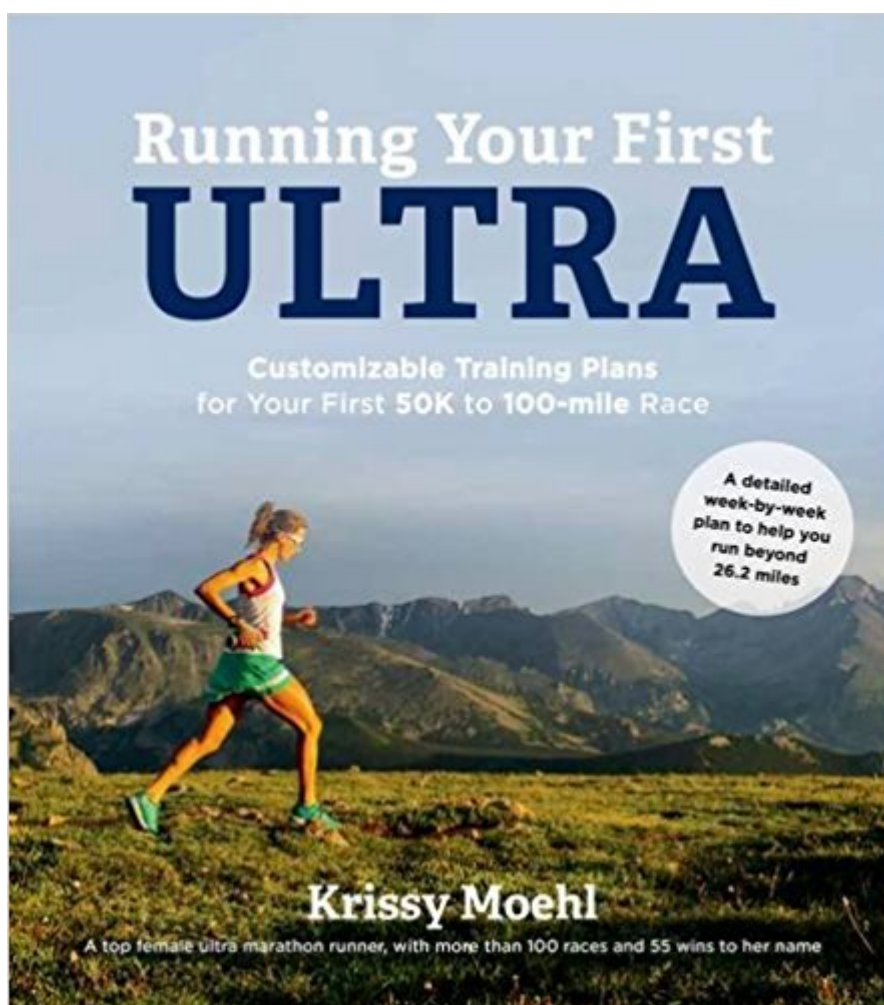


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# Running Your First Ultra: Customizable Training Plans For Your First 50K To 100-mile Race



## Synopsis

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!

## Book Information

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## Customer Reviews

• 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.â

- Christopher McDougall, author of bestsellers BORN TO RUN and NATURAL BORN HEROESâ œI'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 RUNâ œKrissy 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 Runningâ œKrissy 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

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](http://KrissyMoehl.com). She hails from the Pacific Northwest.

DO NOT GET THE KINDLE VERSION OF THIS BOOK!!! First of all the material and writing style are really enjoyable in the intro section. I was really excited to dig into the meat of the book with the training plans. When you get to the actual training plans they are unreadable in kindle format!! The tables get formatted oddly and become very hard to follow along. I'm mad that a kindle version is even an option. I'm torn on what to do now. I really don't want to have to buy the book for a second time (in paperback) just to get a readable version. However, I do think there is a lot of good material here which is why I'm extremely frustrated. Rating for the content I read: 4.5 stars. Rating for the kindle version: 0 stars.

You always read that over the course of one's education you have a few, and usually just a few, great teachers who both know how to convey their knowledge, have complete mastery of their subject matter and teach you exactly what you need to know. These are usually the practitioners. I put this book in that category; very to the point, very practical and great knowledge. I have been a consistent runner for 45+ years and although not a competitive runner or person I trail run 4 - 6

miles probably four days per week and periodically run longer trail runs with friends. I have often looked for information on complementary exercises, how quickly to ramp up distance after laying off after an injury or other cause, physical issues that inevitably arise, hydration (I run in 112 degrees in the summer in Arizona) and just the practical information that is good to absorb. This is a real cook book giving just that; great information from someone who knows a lot more than the mechanics of running. Her knowledge of managing nutrition, hydration and the mental is inspiring and makes you realize what it takes to push the remarkable human body to the edge of its limits. It is also written with a humble and human touch, allowing for emotions and the imperfections in all of us who aspire to any goal. I would recommend this book for any level of runner and any person who simply enjoys running.

Thanks Krissy! I'm a 34 year old female running hermit in the Olympic mountains. I literally have no one to run with. While I worry about safety on the trails alone, I can't sit still. Thanks for the mentorship of this book, which has given me the ability to progress safely, and have the confidence in my body needed to run the trails here in a day, that most people only dream of hiking over several. I really appreciate the companionship of this book on my running journey. See you at the summit!

Love this book. It gives you all the information you need to start training for an ultra trail race. She talks about every aspect and things that I would not have thought. Highly recommend this book.

This book is absolutely amazing and a must read for any long distance runner. There is so much to be gained - training plans, nutrition advice, crew tips, race planning, and more. I've just entered the ultra world and found this book to be so helpful in training for my first ultra - Moehl covers topics that, as a first timer, you wouldn't even realize were of such importance (like socks!)

Great book. I'm an avid runner and have several marathons under my belt. I wish I had read this book sooner. Now I'm using the training plan for my first ultramarathon. I love it how it includes tips for women since all running products are targeted towards men.

Five stars for the book, three stars for the seller. This book took weeks to arrive, it supposedly shipped on the 2nd and I received it I believe on the 23rd. Luckily it was well worth the wait. A lot of good information from Krissy's years of experience. I am preparing for my first fifty-mile race and I

will certainly draw from her vast knowledge pool. I am glad she wrote this and shared her insights for those of us newbies :)

I used this to train for my first 100, and I just completed it last weekend! So it must be a pretty great book! I did mostly use it for the training plan, but the additional information in there was useful as well. I really loved this book, and I'll be using the plans for my future ultras!

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