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~~Organisation, book~~

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~~2020 book collection~~

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~~Subject of~~

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ENDURANCE RUN Hal
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Hardrock 100

Champion Interview

Running Boredom
and MAF Training
The Sixtieth A. W.

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the Fine Arts: Twelve
Caesars: Images of
Power from Ancient
Ro Lecture—Art and
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~~2 Tony Krupicka -~~

~~Leadville The Runner:~~

~~David Horton's 2700~~

~~Mile Run of the~~

~~Pacific Crest Trail~~

~~(From Director of~~

~~Unbreakable) How to~~

~~train for an ultra~~

~~marathon with only 3~~

~~runs a week (PLUS~~

~~more Q /u0026A!)~~

~~09_Trigger Point Dry~~

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Needling After 1000
Miles of MAF Training
/u0026 4 Months of
Dedication This Is

What Happened

Maffetone Method

Training in 3 Steps:

Intro 2011 Western

States Final Mile with

Kilian Jornet Leadville

100 run - 2019

Leadville 100 - Ultra

Trail Blazers - Get

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Maffetone method 4

Phases of MAF

Physical Therapy Dry

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Everything You Need

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Lecture— “Painting

Edo” Exhibition

Opening with Rachel

Saunders and Timon

Screech Maffetone

method explained,

ultra training on 3

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Q /u0026A and

update) Pre-2011 TNF

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to all things ultra. It

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himself-a wealth of

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Koerner has a
formula for fitness
and life that keeps
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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

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VeloPress

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Ultrarunning will
help with some of the
fundamental aspects
of training and
provide background
knowledge that will
be helpful on your
journey. From fueling
and hydration, to
gear and self care,

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Koerner shares his
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in this straight-
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Ultramarathon, from
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Amazon.co.uk: Hal
Koerner, Adam W.
Chase - contributor,
Scott Jurek -
foreword, Josh
Bloomberg, Tantor
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Synopsis
Ultramarathons don't
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mistakes.

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to Ultrarunning
Somewhere in the
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is Hal Koerner ' s
Field 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
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and Hardrock 100.

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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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