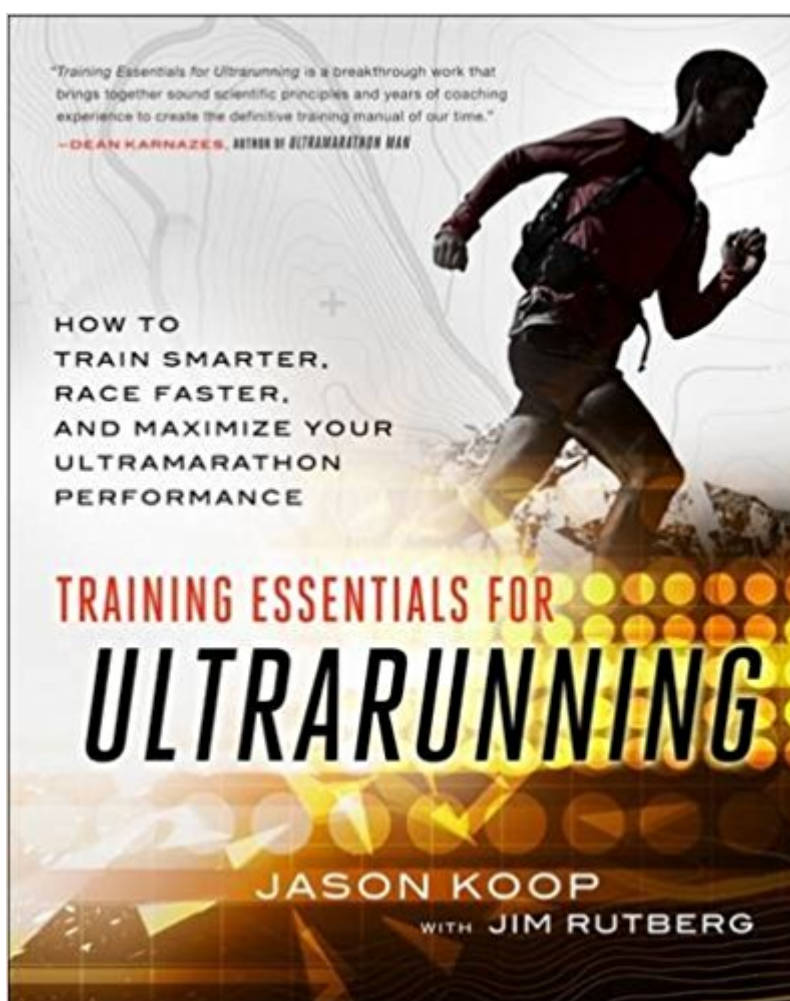


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# Training Essentials For Ultrarunning: How To Train Smarter, Race Faster, And Maximize Your Ultramarathon Performance



## Synopsis

When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book *Training Essentials for Ultrarunning*. Ultramarathoners have traditionally piled on the miles or tried an approach that worked for a friend. Yet ultramarathons are not just longer marathons; simply running more will not prepare you for the race experience you want. Ultramarathon requires a new and specific approach to training. *Training Essentials for Ultrarunning* will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances. Packed with practical advice and vetted training methods, *Training Essentials for Ultrarunning* is the new, must-have resource for first-timers and ultramarathon veterans. Runners using *Training Essentials for Ultrarunning* will gain much more than Koop's training approach:

- The science behind ultramarathon performance.
- Common ultramarathon failure points and how to solve them.
- How to use interval training to focus workouts, make gains, reduce injuries, and race faster.
- Simple, effective fueling and hydration strategies.
- Koop's A.D.A.P.T. method for making the right decisions to solve a race-day crisis.
- How to plan your ultra season for better racing.
- Course-by-course coaching guides to iconic U.S. ultramarathons including American River 50, Badwater 135, Hardrock 100, Javelina 100, JFK 50, Lake Sonoma 50, Leadville 100, Vermont 100, Wasatch 100, and Western States 100.
- How to achieve your goal, whether it's finishing or winning.

A revolution is coming to ultrarunning as ultramarathoners shed old habits and embrace the smarter methods that science and experience show are better. Featuring stories and advice from ultrarunning stars Dakota Jones, Kaci Lickteig, Dylan Bowman, Timothy Olson, and others who work with Koop, *Training Essentials for Ultrarunning* is the go-to guide for first-time ultrarunners and competitive ultramarathoners.

## Book Information

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## Customer Reviews

Ultrarunning Magazine's TOP PICK "Training Essentials for Ultrarunning is a breakthrough work that brings together sound scientific principles and years of coaching experience to create the definitive training manual of our time. Dean Karnazes, ultrarunner and author of Ultramarathon Man "Jason Koop masterfully communicates complex science in a way that everyone can understand. So if you're looking for a technical guide to ultras, look no further than Training Essentials for Ultrarunning. Bryon Powell, founder of iRunFar.com and author of Relentless Forward Progress "The best training manual ever written for our sport. Never before has the science of running ultra distances been evaluated and explored in the way that Koop does it in this book. This book may revolutionize how we train for and race long distances. In a word, Training Essentials for Ultrarunning is brilliant. Ultrarunning magazine "Jason Koop is one of ultrarunning's most successful coaches. TrailRunner magazine "Follow the principles Koop outlines and you will not only run your ultra, but own it as well. American Trail Running Association "Training Essentials for Ultrarunning is a look inside the mind of the guy responsible for getting the world's best ultrarunners to the podium. Outside "A scientific and performance-oriented approach to ultra training and racing. Invaluable for any level of running. Competitor "Many ultrarunners don't train with a coach [because] most coaches have not raced 100 miles. Not so for Koop, who is an ultramarathon vet and understands what it takes to succeed. Elevation Outdoors "Training Essentials for Ultrarunning is best for intermediate to advanced ultrarunners looking for science-driven information and in-depth explanations of training concepts. TrailRunner magazine "Everyone has an inexhaustible well of grit, guts, and determination, but great training helps, too. If you want to come to Leadville and succeed, Training Essentials for

Ultrarunning is a book you need to read.

— Ken Chlouber, founder of the Leadville Trail 100 Run

“Having Jason Koop as a coach has been exactly what I needed in order to train properly both physically and mentally.”

— Kaci Lickteig, professional ultrarunner

“Jason Koop ended up being the most important component of my 50/50.”

— Dean Karnazes, ultrarunner and author of Ultramarathon Man

“Having Koop as my coach has simplified and amplified my training to new heights.”

— Timothy Olson, professional ultrarunner and Western States 100 course record holder

“Jason has helped me to be the best athlete I can be, which has often involved mental and emotional training as much as physical. I’m pretty much a wreck without him.”

— Dakota Jones, professional ultrarunner

“Coach Koop is quietly one of the most influential people in the sport of ultrarunning.”

— Dylan Bowman, The North Face athlete, 3x Top Ten Finisher at Western States

“One of the preeminent ultrarunning coaches globally

| Training Essentials for Ultrarunning is Koop’s offering to those beginning in the sport and those who’ve completed countless ultras the distillation of his philosophy and approach to ultrarunning training and race preparation.

— Impact magazine

“I have been waiting a long time for a book like Jason Koop’s excellent new release, Training Essentials for Ultrarunning. Koop fills a gap in the literature with this comprehensive resource for high-performance ultrarunning, written for serious ultrarunners and coaches.”

— Sarah Lavender Smith, The Runner’s Trip

“Every once in a while a training book is published that stands out as a likely candidate to become a classic. Jason Koop and Jim Rutberg have done just this

| Training Essentials for Ultrarunning will take a place next to other classics like Lore of Running, Daniels Running Formula, and Hansons Marathon Method as the “go-to” book for ultrarunning training...It’s a valuable and comprehensive guide that represents a landmark in the unique and quirky realities of training for ultrarunning.

— It’s All About the Vertical

“Coach Koop details how to strategically prioritize preparation for ultras, without being distracted by popular physiological manipulation that leads to marginal performance gains. Coach Koop focuses on metrics the athlete has control over as an ultra runner, with the ultimate goal of the athlete embracing the culture of what it means to be an ultra runner.”

— Holden S-H. MacRae, PhD, Professor of Sports Medicine, Pepperdine University and High Performance Physiologist for Red Bull

A speed revolution is coming to ultrarunning. Jason Koop, coach to elite ultrarunners, reveals his

highly effective method of training for ultramarathon.

Update to my original review: I initially gave the book 3 stars due to the lack of any sort of specific training plan or 'here's where to start' that would be helpful to the beginning runner. I completely understand why the author would not include this due to the individual differences in every reader, but I still felt like the synopsis I read when buying the book indicated it would include something along these lines to help me get going. If I had the time and finances to hire a coach to do this for me I probably wouldn't be buying the book in the first place. After having this book in my collection for over six months now, I've updated my review to five stars. It took some time for me to figure out how to implement the ideas that Koop outlines in the book, but now that I feel like I understand where I'm at in my training and how to apply the principles to myself, I find I'm referencing this book on a regular basis to help fine tune what I'm doing. I also know that doing the V02 max work, tempo runs, etc and following Koop's overall plan is undoubtedly improving my running. If you're training for longer races and all you're doing is pounding out longer and longer slow miles per typical marathon or ultramarathon training plans, you're putting yourself at a much higher risk of injury and you're not developing your potential nearly as quickly as you would following Koops methods.

Highly recommend this book to any runner. It might take some time to fully grasp how all the elements fit together, but will repay your efforts with improved times on the course.

Original Review: First off, I initially wanted to give this two stars based on my disappointment after finishing the book. As a runner who's looking to run my first ultra, I was psyched up to take Koop's impressive strategy straight off my couch and into training. Unfortunately for a fairly novice long distance runner, this book lacks the details needed to do that. It does provide a great overview on how to use some very specific training methods in preparing to succeed over long distances. It breaks down when and why to apply interval and tempo training in your race prep. Unfortunately it does not give specifics and how to actually do interval or tempo training; it makes the assumption that the runner or coach who is reading the book is already well versed in these areas. While I now understand the benefits to using interval runs at the beginning of long term race prep plan, I have no idea what to actually do tomorrow. Do I go out and run ten sets of one minute sprints? A one hour run with three two-minute high intensity sections in the middle? No clue. After completing the book I was sure I missed an entire section, and had to go back and re-read big portions to make sure I didn't gloss over this vital information. Still no luck. My initial enthusiasm for Koop's book quickly descended into huge frustration. I was looking for some training wisdom that I could immediately use, but it's not here. Conveniently I did find it available for a fee on Koop's website, but I'm still too

irritated to cough up any more dough. I understand that he's a coach and gets paid for it, but I purchased the book with the impression that it would allow me to develop a training plan for my race. All that being said, in fairness the information in the book is fantastic and well written. It has tons of information on running ultras that goes beyond the scope of what and when to run when training. The information on planning race nutrition and hydration, the ADAPT strategy, and all the other nuggets that will hopefully help remove 'failure points' from my first ultra is worth the money I paid for the book. As soon as I finish this review I'll start researching interval training, tempo training, etc, and will apply Koop's approach to build a training program. I'm just frustrated that I wasn't able to find everything here as I expected.

After finishing my fifth marathon and being a bit burned out on the distance I signed up for a 50k on a whim and had a blast. So I figure if I'm going to keep moving up I better read up a bit. Koop writes well and the ideas here are pretty clear. If you're a marathon regular you'll have no problem with this. The athlete stories are fun, and I'm looking forward to trying the rice ball recipe. I'll check back in after the Ice Age 50 in May.

Wonderful book that really teaches you a lot about ultra running. My only reason for 4 stars (I wish I could give 4.5) is the lack of actual training plans. HOWEVER, the author makes it clear why they aren't included in the book--plans are so sensitive to the runner and the race, it's silly to create a 'one plan for all.' But, it'd be good to see a full 20 or 30 week plan. Major perks: the depth of the material, physiologically, racing specific, mental approach...and the overview of various races.

I read a couple of negative reviews and I'm glad I ignored them. Koop is an engaging writer with a well-thought-out format for explaining his training philosophy. The book is not designed to provide would-be untrarunners a formulaic plan. Instead, Koop arms the athlete to think like a coach. This is an outstanding guide. I bought the kindle version and after reading half of it, realized I also wanted a paper copy for convenience when I refer back to it in the future.

I keep re-reading the book. As I prepare for every new challenging ultra run this is my go-to guide to refresh my mind on the essentials. This book deals with all the key aspects of succeeding in an ultra marathon: the right fitness, race day nutrition and hydration and the all-important mental aspect. Whether you are planning your first ultra or wanting to improve on your previous performance, this is a book really worth reading.

I've been coaching runners and other various athletes for about 4 years now. Jason Koop here does an outstanding job of capturing the science behind this less-known sport and applying it without "losing sight of the athlete as an individual". Beware the "N of 1" is a perfect perspective on what makes a coach great, and that is to treat the athletes as individuals, as people before numbers, and to avoid getting caught up in anecdotal evidence from others. I recommend this book right up there with my other all time favorites to novice and elite level runners that want to expand their understanding of physiology and enhance their training.

Awesome book. I went from a 4:40:00 marathon time to a 3:43:00 PR, on a more difficult course, using the principles outlined in this book. The book does not give a specific training plan, therefore it requires the reader to develop an individualized plan by applying the principles. This can be challenging at times, but I understand why Koop decided to take this approach.

Amazing book for any aspiring or experienced ultra runner. Easy to read and follow.

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