

# Run Farther, Faster, and More Easily with "Ultra Running Made Easy"!

## Unlock the Secrets of Ultramarathon Success

Are you ready to conquer the challenges of ultramarathon running and push your limits to the extreme? Look no further than "Ultra Running Made Easy," the ultimate guide to help you achieve your ultra running goals with ease.

## Master the Fundamentals

This comprehensive book covers all the essential aspects of ultramarathon running, from training plans to nutrition strategies. You'll learn:



### ULTRA RUNNING MADE EASY: PREPARATION AND RACE STRATEGIES. RUN 200 KILOMETERS AND BEYOND... IF YOU WISH by Jean-Louis VIDAL

★★★★☆ 4.2 out of 5

Language	: English
File size	: 4101 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 191 pages
Lending	: Enabled
Screen Reader	: Supported



- Proven training programs designed for every level, from beginners to experienced runners

- Scientifically-backed nutrition plans to fuel your body and optimize performance
- Effective techniques for injury prevention and recovery
- Mental strategies to overcome challenges and stay motivated

## **Maximize Your Training**

"Ultra Running Made Easy" provides tailored training plans that cater to your specific goals and fitness level. Whether you're aiming to complete your first ultramarathon or shatter your personal best, you'll find expert advice to guide you through every step.

# 100K ULTRAMARATHON COMPLETE TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 2 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 7 miles	Recovery Run 2 miles
2	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 8 miles	Recovery Run 2 miles
3	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 9 miles	Recovery Run 3 miles
4	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 10 miles	Recovery Run 4 miles
5	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 11 miles	Recovery Run 4 miles
6	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 12 miles	Recovery Run 4 miles
7	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 13 miles	Recovery Run 4 miles
8	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 14 miles	Recovery Run 4 miles
9	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 15 miles	Recovery Run 4 miles
10	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 16 miles	Recovery Run 4 miles
11	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 17 miles	Recovery Run 4 miles
12	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 18 miles	Recovery Run 4 miles
13	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 19 miles	Recovery Run 4 miles
14	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 20 miles	Recovery Run 4 miles
15	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 21 miles	Recovery Run 4 miles
16	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 22 miles	Recovery Run 4 miles
17	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 23 miles	Recovery Run 4 miles
18	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 24 miles	Recovery Run 4 miles
19	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 25 miles	Recovery Run 4 miles
20	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 26 miles	Recovery Run 4 miles
21	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 27 miles	Recovery Run 4 miles
22	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 28 miles	Recovery Run 4 miles
23	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 29 miles	Recovery Run 4 miles
24	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 30 miles	Recovery Run 4 miles
25	Rest Day	Pace Run 3 Miles	3 x 800m short leg workout	Strength Training	Rest Day	Long Run 31 miles	Recovery Run 4 miles
26	Rest Day	Easy Run 3 Miles	Rest Day	Strength Training	Rest Day	Easy Run 2 Miles	100K 100K / 62 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).  
 Intervals: 800m at a hard pace (8 out of 10 RPE) with 400m easy jog / walk for recovery. Repeat as per plan.  
 Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE.  
 Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.  
 For more guidance, visit [marathonhandbook.com](http://marathonhandbook.com)

LOTS MORE FREE RUN TRAINING GUIDES FROM YOUR FRIENDS AT **MARATHON HANDBOOK**

## Optimize Your Nutrition

Nutrition is crucial for ultramarathon performance. This book offers comprehensive nutrition strategies that will help you:

- Calculate your calorie and macronutrient needs
- Develop meal plans that fuel your training and recovery

- Hydrate effectively to avoid dehydration and electrolyte imbalances
- Avoid common nutritional pitfalls that can hinder your progress

## **Prevent Injuries and Recover Effectively**

Injuries are a common concern in ultramarathon running. "Ultra Running Made Easy" teaches you how to:

- Identify and prevent common running injuries
- Treat injuries effectively to minimize downtime
- Develop a recovery plan that promotes healing and prevents setbacks
- Cross-train to strengthen your body and reduce the risk of injury

## **Master the Mental Game**

Running an ultramarathon requires mental strength and resilience. This book provides strategies to help you:

- Set realistic goals and stay motivated
- Develop mental toughness and overcome challenges
- Visualize success and maintain a positive mindset
- Cope with race jitters and overcome adversity

## **Free Download Your Copy Today!**

"Ultra Running Made Easy" is the ultimate resource for anyone who wants to achieve their ultramarathon dreams. Free Download your copy today and start your journey to running farther, faster, and more easily!

Free Download Now

## Testimonials from Satisfied Runners

"This book was a game-changer for my ultramarathon training. The training plans were tailored to my fitness level, and the nutrition advice helped me fuel my body for success." - Sarah, Ultramarathon Finisher

"I've been running ultras for years, but this book taught me valuable strategies for preventing injuries and recovering effectively. It's a must-read for any serious ultramarathoner." - John, Experienced Ultramarathoner

"The mental strategies in this book helped me overcome my doubts and stay motivated during my first ultramarathon. It's an invaluable resource for anyone who wants to succeed in this challenging sport." - Emily, First-time Ultramarathoner



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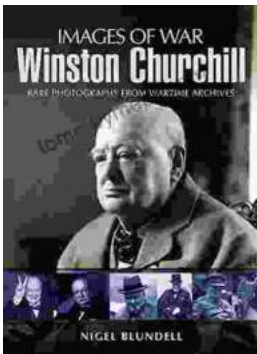
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