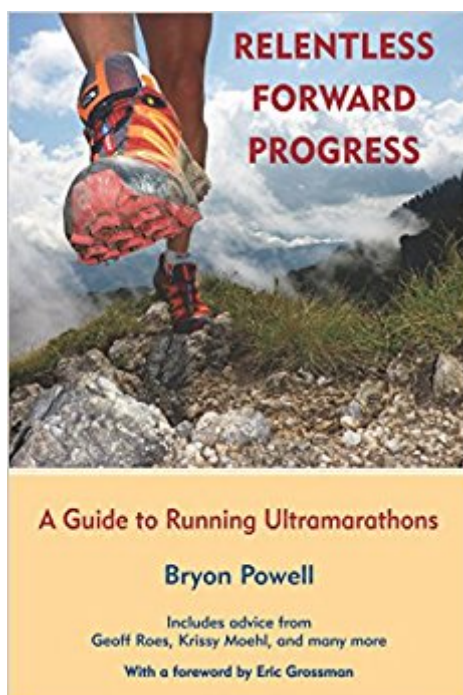


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# Relentless Forward Progress: A Guide To Running Ultramarathons



## Synopsis

Marathons have become too easy for some runners. What was once the pinnacle of achievement in a runner's life is now a stepping stone for extraordinary adventure in ultramarathoning. The number of ultrarunners--those running distances of 50k (31 miles), 50 miles, 100k (62 miles), or 100 miles--is growing astronomically each year. Dean Karnazes' Ultramarathon Man and Chris McDougall's Born to Run have inspired tens of thousands to try these seemingly superhuman distances. But to date, there has been no practical guide to ultramarathoning. Now, Bryon Powell has written *Relentless Forward Progress*, the first how-to manual for aspiring ultrarunners. Powell covers every aspect of training for and racing ultra distances. Along the way, more than a dozen elites and experts, including Geoff Roes, Krissy Moehl, Michael Wardian, Dave Mackey, and David Horton, provide invaluable advice on running ultramarathons. By its conclusion, this encyclopedic volume prepares runners for going farther than they have ever gone before and, in the process, shows them that they are capable of the "impossible."

## Book Information

Paperback: 232 pages

Publisher: Breakaway Books; 3/30/11 edition (April 29, 2011)

Language: English

ISBN-10: 1891369903

ISBN-13: 978-1891369902

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 183 customer reviews

Best Sellers Rank: #36,149 in Books (See Top 100 in Books) #10 in Books > Sports & Outdoors > Extreme Sports #48 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #158 in Books > Sports & Outdoors > Individual Sports

## Customer Reviews

"I can think of nothing that would give me more confidence going into my first ultramarathon than having read this book. Nothing is left out." --Matt Fitzgerald of Competitor Running  
"I think it's the perfect thing to give an aspiring ultrarunner, a friend who is curious about what you do, or anybody new to crewing. I'm going to keep a few copies handy for sure." --Scott Dunlap of A Trail Runner's Blog

Bryon Powell is a former Washington, DC, attorney who left his job to devote himself to running ultramarathons full time. He publishes the popular trail running and ultrarunning website iRunFar.com, and competes in ultras nationwide. His articles have also been published in Outside, Running Times, Trail Runner, Competitor, and UltraRunning. Bryon is a contributing editor at Trail Runner and is an advisory board member of the American Trail Running Association. He lives in Park City, Utah. As a runner, he has twice placed in the top ten at the Leadville 100 ('06 & '09), twice won the under-30 age group at the Western States 100 ('05 & '06), and was part of the first American team to place in the top three at Morocco's Marathon des Sables ('09).

This was a well-written and very informative book. Anyone who is looking to run that first ultramarathon would do well to give this one a read. The advice is very practical and easy to understand. Training plans, nutrition, race strategy, and more are all given enough space for runners to be well-prepared. More experienced runners, especially those who have already read other books with training advice, may find much of the information merely a review of what they already know--even if they haven't tackled a race beyond the marathon distance.

I bought this book years ago and devoured it in 2 days. I still haven't seen another book on the subject which is nearly as detailed. Bryon has been in the field for many years.

This book is fantastic, I highly recommend it to anyone wanting information on trail/ultra running. I am learning to trail run and am hoping to run an Ultra. I found this book a very fun and interesting read. I do not know if this book would be interesting to an experienced ultra/trail runner but it was for me. Starting to run trails leads to lots of questions. This book did a good job of answering most of the questions I had. I liked the information on identifying health issues (hydration, electrolyte levels, etc.) interesting and like having a information to help identify when I am doing things wrong and what the cause may be. The training plans also seemed very good and were explained very well, including how to customize them depending on your goals and training style. I found the book a quick read with lots of information. I think this book has helped jump-start my experience.

I really like this book. It's clear that Bryon Powell has a gift for talking to those average people like me who dream of running farther but are intimidated by the prospects and just not sure whether it's possible. His IRunFar website has us in mind and this book is a natural, very inviting extension of that same voice and personality. He includes training plans, but even those are tempered by the

primary message he gives away in the book's title: the best way to run farther is to keep putting one foot in front of the other.

I purchased this book looking for some inspiration and practical advice on running an ultra-marathon. I am a triathlete looking to concentrate solely on running, and specifically ultras, so I needed something that could satisfy my detail oriented (obsessive compulsive) triathlete brain while giving me some touchy-feely, "you can do it!" type encouragement. I really liked the tidbits from experts in each chapter (especially the section on footcare from John Vonhof). The training program prescribed in the book has been a great tool which has given me the confidence to keep moving ahead with relentless forward progress toward my first 50k (2012 Ohlone Wilderness Trail Run).

I have read the book before but I wanted my own copy I could wear out so my I did not wear out my dads copy from borrowing his. I love the info, mostly trail related but that is because trail running in general takes more preparation and a different outlook than a road race. A nice book that may seem a bit dated because it has another chapter by a different author on barefoot and minimalist running. I do like how the book talks about the gear without mentioning models which is good because those change so frequently now with advancements in technology. I do wish it took more time to explain water packs/vests, hydration belts, and, handhelds the way they did with trail shoes. I wish it went into more detail on climbing and descending but it goes into detail that using poles at races that allow them can help with climbing and descending.

This book does a good job of covering the issues and topics someone looking to get into ultramarathoning would need to know. The training plans are well explained and easy to follow and there are many more resources provided on the author's website. I did feel the writing didn't flow as well as it could in places, but that should not dissuade anyone from picking up this book. While probably not for the experienced ultra-runner, as someone just starting out I found this book well worth the read.

For anyone interested in running longer distances than a marathon, trail races, and needs training programs, this book is a terrific resource to keep on hand and have in your tool kit. Who would have thought you could train for a 50Mile race on less than 50mpw and perform well and stay healthy? Great tips and personal experiences from some very renowned ultra runners. Totally worth the money to have this information at your fingertips.

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