Obstacle Race Training Bible: The #1 Resource to Prepare for and Conquer Any Course!

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The first how-to guide to help readers prepare for and conquer a new and growing form of distance racing popping up all over the country, written by bestselling fitness author James Villepigue.

Obstacle Race Training Bible provides readers with one-stop access to everything you need to know to prepare for and successfully complete a Tough Mudder, Spartan Race, Warrior Dash, or any of the other international or regional obstacle races that are taking the world by storm. All of these races combine running various distances and terrain with hard-core obstacles that are both physically and mentally challenging: climbing through pitch-black flooded tubes and over walls, carrying logs uphill, traversing monkey bars, crawling through mud and under barbed wire, leaping over burning hay bales, swimming in ice cold water, navigating through live wires, and more. This combination of running and obstacles is what gives participants a very different kind of challenge than they get with a 5K, marathon, or triathlon. It's a combination that also requires a very different approach to training and preparation, and that's what this book provides.

Coverage includes:

- Profiles of all the major races: running distance, obstacles involved, completion percentage, fitness level required, etc.
- Obstacle overviews, including photos of what they look like, the mental and physical challenges involved, and the most effective strategies for completing them
- Obstacle-specific exercises that condition participants for the strength, stamina, flexibility, and mental toughness needed to complete the obstacle
- 8-week training programs designed for complete novices, elite athletes, and everyone in between
- Important information on what to wear, nutrition during training, and race day strategies

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Marian Buell:

What is your hobby? Have you heard this question when you got college students? We believe that that problem was given by teacher on their students. Many kinds of hobby, Everyone has different hobby. And you also know that little person similar to reading or as looking at become their hobby. You need to understand that reading is very important as well as book as to be the thing. Book is important thing to provide you knowledge, except your own teacher or lecturer. You get good news or update regarding something by book. Numerous books that can you take to be your object. One of them is Obstacle Race

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