

Ultramarathon Man

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revised updated and with a new afterword the ultramarathon man is back with new additions to his bestselling memoir ultramarathon man confessions of an all night runner helped introduce the world to ultramarathoning now after three decades of running ultramarathons across the globe karnazes is still going strong this updated and revised edition includes an afterword full of the lessons he s picked up along the way he gives personal details on the essential pillars of health fitness diet and sleep what does he eat what supplements does he take and what kind of mattress does he sleep on aging well takes work and the man who hasn t stopped is sharing the tips and learnings that have kept him going mile after grueling mile ultramarathon man is karnazes story the mind boggling adventures of his nonstop treks through the shoe melting inferno of death valley the lung freezing ferocity of the south pole and the awe inspiring beauty of the towering peaks and craggy canyons of the sierra nevada with an insight and candor rarely seen in sports memoirs he reveals how he navigates the solitary manic self absorbed life of hard core ultrarunning with a full time job a wife and two children and how running has made him who he is today a man with an ironclad body a teenager s energy and a champion s wisdom

ultrarunning legend dean karnazes has run 262 miles the equivalent of ten marathons without rest he has run over mountains across death valley to the south pole and is probably the first person to eat an entire pizza while running with an insight candour and humour rarely seen in sports memoirs ultramarathon man has inspired tens of thousands of people nonrunners and runners alike to push themselves beyond their comfort zones and simply get out there and run ultramarathon

man answers the questions karnazes is continually asked why do you do it how do you do it are you insane and the follow up queries what exactly do you eat how do you train to stay in such good shape

1600 kilometer in 10 tagen zu fuß unmöglich nicht für ultramarathon läufer denn für diese ist ein normaler marathon nur aufwärmübung sie laufen 50 meilen rennen 100 meilen rennen und mehr sie laufen über 24 stunden ohne rast und ohne schlaf sie treiben ihren körper ihren geist und ihren willen weit über das äußerste maß an schmerzen und strapazen hinaus warum läuferlegende dean karnazes hat in seinem buch seine ganz persönliche lauf geschichte aufgeschrieben ein mitreißender emotionaler bericht der nicht nur einen einblick in das seelen und trainingsleben eines Extremsportlers gibt sondern den leser auch dazu motiviert den mut zu haben die eigenen träume zu leben

il a couru dans les climats les plus extrêmes que ce soit par 50 degrés dans la vallée de la mort ou par moins 40 degrés au pôle sud il a couru sans s arrêter pendant 400 kilomètres il a couru partout dépassant sans cesse ses limites redéfinissant la perception de l endurance humaine tout cet incroyable parcours a commencé le soir de son trentième anniversaire dean était fatigué de son travail de bureau et à moitié ivre dans un bar tout à coup dégoûté il a jeté son verre il est sorti et a commencé à courir depuis il ne s est jamais arrêté dans ce livre dean karnazes montre que la course peut permettre de se sentir vraiment vivant de trouver sa propre voie il répond aussi aux questions qu on lui pose continuellement comment faites vous pourquoi que mangez vous et surtout est ce que vous êtes fou le témoignage de l un des plus grands ultra runners du monde

shares the uplifting tale of a record breaking ultra marathon runner from his decision to break his own personal record and his competition in fifty marathons in fifty days throughout the country to his personal secrets for endurance training

an influential ultra marathoner shares the stories of his athletic achievements in some of the world s most exotic and inhospitable regions where he pushed the limits of human endurance in profound and humorous ways 40 000 first printing

the ultrarunning legend takes on the ultimate test of endurance running 50 marathons in 50 days

discover the secrets for super endurance from one of the fittest men on the planet dean karnazes has run 350 continuous miles through three sleepless nights ordered pizza during long runs and inspired fans the world over with his adventures so what does a guy like this do when he wants to face the ultimate test of endurance he runs 50 marathons in 50 states in 50 consecutive days with little more than a road map and a caravan packed with fellow runners and a dedicated crew dean set off on a tour that took him through a volcanic canyon in maui in high humidity and 88 degree heat to an elevation gain of almost 4 000 feet at the tecumseh trail marathon in bloomington indiana to a severed moose leg found alongside an anchorage alaska trail that compelled him to sprint for safety now in

this heart pounding book dean reveals how he pulled off this unfathomable feat with a determination that defied all physical limitations but dean goes beyond the story of the endurance 50 marathons to share his invaluable secrets and advice for athletes of all levels these are the tips that kept dean going during the 1 310 miles he covered and 160 000 calories he burned while averaging sub four hour marathons and often sleeping fewer than four hours each night learn how to recover more quickly adapt to extreme conditions prevent muscle cramps and overheating pace yourself when you hit the wall stay motivated packed with practical advice and including training regimens 50 50 will inspire you no matter what your fitness goal is whether it s simply walking around the block running a 10k or completing yet another ironman

in the road to sparta famed ultramarathoner dean karnazes explores the story of the world s first marathon all while reliving the historic 153 mile run from athens to sparta in one of the most difficult ultra races in the world the spartathlon in 490 bce pheidiippides ran for 36 hours straight from athens to sparta to seek help in defending athens from a persian invasion pheidiippides was hailed a hero as he saved the development of western civilization the run stands enduringly as one of greatest physical accomplishments in history karnazes honours pheidiippides and his greek heritage by completing the treacherous course without the aid of modern endurance nutrition and only eating and drinking what would have been available in 490 bce through vivid description and telling insights the road to sparta offers readers a rare glimpse into the mind set and motivation of an extreme athlete during his most difficult and personal challenge to date

the iconic superhuman endurance runner embarks on his toughest challenge yet the western states 100 offering insights into why running is so challenging and rewarding

heart pounding adventure stories from a world renowned superathlete who charts the frontiers of human endurance

in eat and run ultrarunner scott jurek opens up about his life and career as an elite athlete and about the vegan diet that is key to his success

after a decade long addiction to crack cocaine and alcohol charlie engle hit rock bottom after a near fatal six day binge ended in a hail of bullets then he found running and it has helped keep him sober focused and alive he began to take on the most extreme endurance races such as the 155 mile gobi march and developed a reputation as an inspirational speaker however after he made the documentary running the sahara narrated by matt damon which followed him on a 4500 mile crossing of the desert and helped raise 6 million he was sent to prison after failing to complete his mortgage application properly it was while he was in jail that he became known as the running man as he pounded the prison yard and soon his fellow inmates were joining him finding new hope through running now in his brilliantly written and powerful account engle tells the story of his life and how running has brought him so much pleasure and peace like such classics as born to run or running with the kenyans this is a book that anyone who has ever found solace in the freedom of running will enjoy google books

an electrifying look inside the wild world of extreme distance running once the reserve of only the most hardcore enthusiasts ultra running is now a thriving global industry with hundreds of thousands of competitors each year but is the rise of this most brutal and challenging sport with races that extend into hundreds of miles often in extreme environments an antidote to modern life or a symptom of a modern illness in the rise of the ultra runners award winning author adharanand finn travels to the heart of the sport to investigate the reasons behind its rise and discover what it takes to join the ranks of these ultra athletes through encounters with the extreme and colorful characters of the ultramarathon world and his own experiences of running ultras everywhere from the deserts of oman to the rocky mountains finn offers a fascinating account of people testing the boundaries of human endeavor

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