

## Hal Koerner's Field Guide To Ultrarunning Training For An Ultramarathon From 50k To 100 Miles And Beyond -

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**hal koerner s field guide to ultrarunning training for an** - *ultramarathons don t leave much room for mistakes don t learn the hard way get a jump on training for an ultramarathon with hal koerner s field guide to ultrarunning a comprehensive handbook to running 30 to 100 miles and beyond written by one of the most experienced and recognized athletes in the sport hal koerner is among america s best ultrarunners with podium results in more than 90*

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