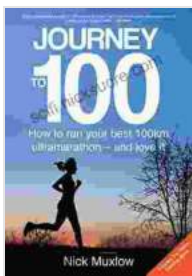


How to Run Your First 100km Ultramarathon And Love It

Running an ultramarathon can be a daunting task, but it is also an incredibly rewarding experience. For many runners, completing an ultramarathon is a lifelong dream. If you have always dreamed of running an ultramarathon, here is what you need to know to get started.



Journey to 100: How to Run Your First 100km Ultramarathon - and Love It by Nick Muxlow

★★★★☆ 4.6 out of 5

Language : English
File size : 31493 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 266 pages



1. Choose the right race

The first step is to choose the right race. Some races that are good for beginners include the Moab 240, the Umstead 100, and the Angeles Crest 100. These races are relatively flat and have a low drop, which makes them easier on your body.

2. Train properly

Training for an ultramarathon is no joke. You need to be prepared to put in a lot of miles, and you need to make sure that you are training properly. A good training plan will include a mix of long runs, interval workouts, and recovery days. It is also important to strength train to help prevent injuries.

3. Eat a healthy diet

Nutrition is an important part of training for an ultramarathon. You need to make sure that you are eating a healthy diet that will give you the energy you need to complete the race. A good diet will include plenty of fruits, vegetables, and whole grains. It is also important to stay hydrated by drinking plenty of water and sports drinks.

4. Get enough sleep

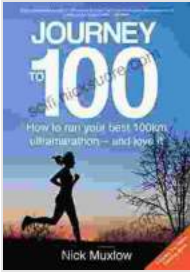
Sleep is another important part of training for an ultramarathon. You need to make sure that you are getting enough sleep so that your body can recover from your workouts. Aim for 7-8 hours of sleep per night.

5. Race day

On race day, it is important to stay calm and relaxed. Eat a good breakfast and drink plenty of fluids. Arrive at the race start line early so that you have plenty of time to warm up. During the race, pace yourself and listen to your body. It is important to walk when you need to and to take breaks as needed.

6. Enjoy the experience

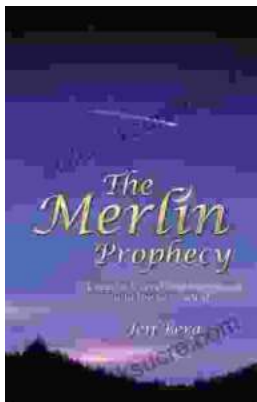
Running an ultramarathon is a challenge, but it is also an incredible experience. Take the time to enjoy the scenery and the camaraderie of your fellow runners. And most importantly, don't forget to have fun!



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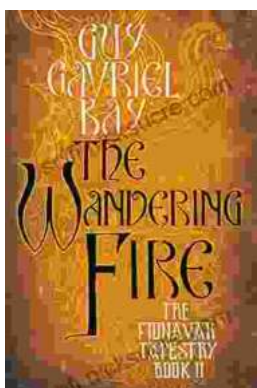
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