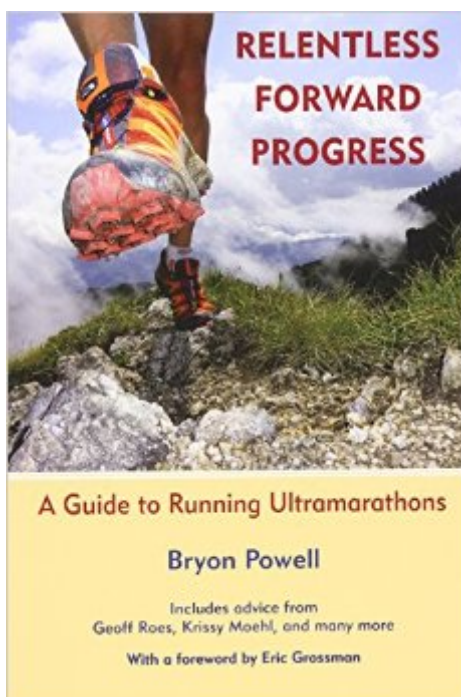


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# Relentless Forward Progress: A Guide To Running Ultramarathons



## 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

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## Customer Reviews

I picked up a copy of Bryon's book a few weeks back, with the intention of progressing into ultra distance running. I have been running on and off for 3 years and bought the book not really for the training plans, but looking for motivation and inspiration. The book succeeds wonderfully on all counts. The anecdotal articles from well known ultra runners, combined with Bryon's excellent writing style makes this a great buy for both the experienced runner and the beginner alike. There is a great section on barefoot running technique, and also some excellent nutrition advice. The training

schedules are really good, and this book can act well as a textbook to dip in and out of when you want. I've read it from cover to cover twice, and pick it up every day for tips and advice. Well worth buying!!!

Are you the kind of person who likes never ending trial and error, making as many mistakes as possible, or how about learning the hard way? If so, please avoid this book at all costs. It's not for you. On the other hand, do you enjoy gleaning the wisdom of others, making a very difficult task manageable, or being as prepared as you can be for an event that is filled with the unexpected? In that case you've found what you're looking for. I ran my first ultra about 4 years ago. I thought I had done my homework. I thought I was prepared. I thought wrong. My only complaint about "Relentless Forward Progress" is that it was published about 5 years too late. Had I had this information I might have avoided severe cramping, lightheadedness, and a resounding question that seemed to enter my head at the base of every hill... "What am I doing"? Bryon has left no stone unturned. In a sport that is so complex, writing a "how to" could be about as perplexing as an ultra it's self. This book could be over-the-top, intimidating, and self-absorbent but it's none of the above. It's a no nonsense, straight forward, non PhD needing look at ultra running unlike I've ever read before. I could go into all the details that the author covers but the list would be too long. All I'll say is if you want to learn...read it. If you want affirmation that you're on the right path..read it. Or if you're anywhere in between..you guessed it..read it. You'll learn something. I guarantee it.

Relentless Forward Progress is a must have book as it helps with every aspect of ultra marathon training, nutrition, race strategy, and time management. The book also outlines training plans for those of us who aren't running more than 60 miles a week. Bryon Powell has outlined the process of how to be successful at finishing ultra marathons on 40 miles per week! I'll be using this book to prepare for my first 50 miler.

Relentless Forward Progress is a great tool for the aspiring ultra runner. Books on "how" to train for a marathon are a dime a dozen in these days where hundreds of thousands of people run the 26.2 distance each year. But for those that have been there, done that, and want to go further, options are limited to browsing websites on training topics (some of which haven't been updated in years), subscribing to the ULTRA email list, and maybe, if you are lucky, picking the brain of that one person you might know who's already run an ultra. Relentless Forward Progress is quite thorough yet very concise. I've recommended it to everyone of my runner friends who have expressed an

interest in seeing what lies on the other side of 26.2 miles.

As a marathon runner, I had been searching for a new challenge. While Ultras seemed to be a natural progression in the life of a runner, the same fears and doubts which plague those who contemplate a move up in "any" distance had been weighing down on me. I simply lacked the confidence that I'd be able handle the physical and mental toll of the extra distance. That was until I had picked up a copy of *Relentless Forward Progress*. I realized very early in the book that I won't have to turn my life completely upside down in order to train for an Ultra. While different from traditional marathon programs I've seen, the training programs included in the book, even at first glance, show that preparing for an Ultra will not be about just adding on miles, but instead, getting the most out of the miles I am already running. What's more, Bryon appreciates that no two runners are alike and has empowered me to take the tips/suggestions throughout the book and modify them to suit my style and preferences. In short, after reading *Relentless Forward Progress*, I have the confidence that I can take on the challenge. I encourage anyone who is intrigued by Ultras, but is unsure like I was, to pick up a copy.

I picked up this book because I wanted a single source for information as I make the transition from marathons to ultra-marathons, and it does exactly that! Bryan, an experienced ultra runner himself, has comprised a great deal of information about ultras in a simple, easy to read, well organized book. He also incorporates essays and articles from top ultra runners from around the country. Also he does a good job of covering both sides of controversial topics such as what distance to tackle as a rookie and the issue of speed work. This book covers training plans, trail running basics, fuel and nutrition, injury prevention and recovery, and race day strategy to name a few. If you are looking to get into ultrarunning regardless of your skill level or experience in running, this book is for you as it will tell you all that you need to know!

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