



UltraMental: An unconventional approach to training for endurance events on a few hours a week (or less)

Andy Magness

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The conventional wisdom of training for ultra-endurance events is that you need to be able to devote many hours a week to the task in order to prepare your body and mind for success. In this book, I challenge that wisdom. Although the above path certainly works for some, a lack of copious amounts of time shouldn't put off those who are keen to work harder rather than longer in trying and succeeding at even the hardest events. Based on the my decade long personal experiment in doing more with less, UltraMental calls upon readily available research to support the idea that consistent high intensity training can provide a level of fitness from which the aspiring endurance athlete can take on even the world's toughest challenges. The book also addresses perhaps one of the most overlooked aspects of success in endurance events--the mental side of the equation. Delving into my own past, I plumb the depth of my own psyche to determine what psychological traits have been critical during my own pursuits. I also examine contemporary psychological theories of fatigue and present a compelling argument as to why attention to the mind is so important. The book is chock full of unique tips and guidelines for getting the most out of high intensity training and provides a framework for creating your own personal training program. Example programs, workout descriptions, and an appendix of additional materials and links to research are also included.

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