



Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-mile Race

Krissy Moehl

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Take Your Training to New Heights with This One-Stop Manual on Ultras

With fifteen years running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. Between Moehl's positive and encouraging attitude and her deep knowledge and enthusiasm for the sport, there's no one better to prepare and train you for your first ultra and beyond!

Moehl will become your guide to completing a 50K, 50-mile or 100-mile race. Her experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She shares her love of the sport by providing helpful tips, bonus content and personal stories. Her commitment to growing the sport and passion for coaching others running their first is evident in the care she's taken to create detailed plans and lifestyle adjustments. With Moehl, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

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Author : Krissy Moehl

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Aude Hofleitner says

Both inspiring and very practical book introducing the reader to the world of ultra running. It's also great to have the point of view from a woman in a field which is very male dominated. Looking forward to dive into the practice :-)

Bill Sleeman says

Running your first ultra by Krissy Moehl was a helpful read. My son who has run a number of trail races and one ultra had recommended it to me. I appreciated Moehl's view on running trails and maintaining a minimal impact on the environment. Although I have been running for years I am always open to learning from other established runners – there is always something new to learn and Moehl does a fine job covering the basics (always good to be reminded) of planning and managing the long runs. A good resource for anyone starting out on a long distance training plan.

adrienna says

I feel like I should hold off on a rating until I finish the 50k, but first impressions after reading the book and starting training: The book is a pretty good overview for new, soon-to-be ultrarunners. The training plan seems to make sense, builds conservatively and incorporates strength and XT. I really appreciate the simple, non-overwhelming core/strength that's included. If it's in the plan, I'm more likely to do it.

Also, I'm not totally distracted by errors in the book (noticed a couple of small things, but I've seen books -- especially running ones -- with WAY more errors). As I go through the plan, I'm sure I will encounter some issues, most likely with the workout descriptions, but if you're doing a 50k, you should be able to figure out the intention even if there's a typo or missing info.

My gut says this book is better for your first 50k or *maybe* 50-miler. For the longer ones, the book is likely too basic, although the training plans themselves may be solid.

ETA: This book got me through my first 50k pretty successfully. I finished in 7:07 and seventh woman (SMALL field) without any injuries, overtraining or hatred of running. If you have a good idea of your paces and are looking to run your first ultra and need a plan, I highly recommend this book.

Sylvia Bernat says

Good book to read if you want to increase to the longer distance. I can see myself using this for a training plan when I do my first 50km race.

Artem Lebedev says

This is a very practical guide to running your first long races. I wish I'd read it in the beginning of my training, not closer to the end of it. Moehl writes with good humor and charming humbleness, a stark contrast to the works of her own running mentor. I'd say it is a must read for all ultra runners.

Kristen Jeanveau says

Spelling and grammar mistakes were a bit distracting, but otherwise some thorough plans and good advice for new ultra runners.

Jeremy Lind says

My Go To Training Guide

Love this book. It was easy to follow and understand, while at the same time covering in amazing details with practical tools to develop a very well rounded training program. I continue to digest and reference this book, after my 50k to progress in her training for longer distances like the 50 mile, 100k and 100 mile - all included in this book.

Justin Hembrecht says

Nice little book if you want some basics about running and how to prevent/treat injuries. Not so much a good read if you're an experienced runner.

However, this is a one session read. Lots of training plans included. Book was as advertised.

Jenny says

Good training plans and some useful tidbits of advice, but overall nothing too surprising and the gist seemed to be "you're gonna have to figure this out yourself."

Amber says

Great reference book. I used one of the training plans for a 50k+ I just did this past weekend. I felt very prepared. Even though ultra running is not new to me, I still learned a lot from this book. I'm going to use it for my 50 mile training. This will be my first 50 miler, so I think Krissy's book will be a great tool. I have

definitely quoted this book to several of my friends. This is a great book for all runners, new or old to the sport of ultra running. Simple, well thought out advice. I know this will be a book I keep coming back to throughout the years and throughout my training.

Kyle Larson says

Great book by one of the best ultra runners out there. I read the eBook but wished I had a hard copy because most of it is not a linear read. Don't get me wrong, Krissy has some great stuff in here, but it's cumbersome to get to via a Kindle. The training plan does a great job of providing a variety of supplemental cardio, as well as strength training.

Aja Marsh says

3-3.5 lots of info and tips, but still somehow less thorough than i was hoping for.

Kris Lodwig says

I think this will be a necessary resource for my upcoming 50 miler.

Mark Schleier says

Really fun read. Chapters are quick and to the point. I loved the training guide section, which was the majority of the book, and will definitely be using to plan for my first 50k.

Alicia Campbell says

Great book. The plans are doable and incorporate cross training. Using it to. Make a plan for an upcoming ultra. Wish I had read it before my 50m.
