

ULTIMATE OBSTACLE RACE TRAINING CRUSH THE WORLD S TOUGHEST COURSES%0A

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Ultimate obstacle race training : crush the world's toughest courses. [Brett Stewart] -- Provides information on and workout regimens for the most extreme obstacle races, including Warrior Dash, the Del Mar Mud Run, and Savage Race.

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Ultimate Obstacle Race Training introduces you to these exhilarating events with detailed descriptions of races for every level. Packed with easy-to-follow workouts and step-by-step instructions, this book will help you develop the speed and strength you'll need to crush any obstacle. Using breakthrough obstacle-specific exercises and training techniques, you'll be ready to dominate every course and celebrate as you cross the finish line.

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The self appointed Jerry West of obstacle racing, Paul was the original founder of Mud and Adventure, the leading obstacle race and mud run calendar and event directory - where the world goes to get dirty.

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Ultimate Obstacle Race Training: Crush the World's Toughest Courses. Order your copy of the book today! Download a free sample of the book. Get the App for iOS. About the Book: Crawl face down in mud. Slog knee-deep in frigid water. Leap through walls of fire. Hurl teammates up and over tall barricades. Extreme obstacle courses offer thrill-seekers a new kind of fast-paced fitness adventure that goes far beyond older events like marathons and triathlons. Author Brett Stewart (Co-founder, Mud

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