

Acknowledgements	9
General Comments	10
Author	10
Introduction.....	11

1 What is an ultramarathon?	12
2 The History of the Ultramarathon.....	13
2.1 Six-day Race.....	15
2.2 24-hour Race.....	16
2.3 100 km	21
2.4 (Ultra) Trail Running.....	27
2.5 Miscellaneous and Outlook	29
3 Associations	31
3.1 North America	31
3.1.1 American Ultrarunning Association (AUA)	31
3.1.2 Association of Canadian Ultramarathoners (ACU).....	32
3.2 International	33
3.2.1 International Association of Ultrarunners (IAU)	33
4 Ultramarathon stars (past and present).....	34
4.1 Ann Trason, USA	35
4.2 Dean Karnazes, The North Face Team.....	36
4.3 Ryoichi Sekiya, Japan.....	37
4.4 Scott Jurek, USA	38
4.5 Robert Wimmer, LAC Quelle Fürth.....	39
4.6 Yiannis Kouros, Greece.....	40
4.7 Rainer Koch, LG Würzburg	41
4.8 Elizabeth “Lizzy” Hawker, The North Face Team	43

CONTENTS

5	Selected races	45
5.1	Comrades (56 miles) – South Africa	45
5.2	Biel/Bienne 100 km - Switzerland	46
5.3	Badwater Ultramarathon (135 miles) – USA	47
5.4	Spartathlon (153 miles) – Greece	48
5.5	Western States 100-Mile Endurance Run – USA	50
5.6	West Highland Way Race (95 miles) – Scotland, UK	52
5.7	Gutsmuths Rennsteiglauf – Germany	55
6	Basic elements of training theory	56
6.1	What is training for?	56
6.2	Running training sessions	57
6.2.1	Long Recovery jogs	57
6.2.2	Extensive endurance runs	58
6.2.3	Intensive endurance runs	58
6.2.4	Fartlek	59
6.2.5	Interval training	59
6.2.6	Hill running	60
6.2.7	Pyramid running	60
6.2.8	Crescendo runs	60
6.3	Periodization (training cycles)	61
6.4	Supercompensation / Training stimuli	62
6.5	Training session structure	63
7	Training management methods	64
7.1	Performance diagnostics and out of competition tests	64
7.1.1	Lactic acid test / field test	65
7.1.2	Spiro ergometric test	66
7.1.3	Conconi test	66
7.2	Heart rate monitor training	68
7.2.1	Establishing training zones with performance diagnostics	68
	or measuring Heart rate variability (HRV)	68
7.2.2	Establishing maximal heart rate (HRmax)	68
7.3	Tempo-oriented training	69
8	How does training change with the length of the race distance	70
9	Maintaining flexibility / stretching	72
10	Complementary training for muscles not used by running (strengthening / stability)	77
10.1	Strength circuit	85

11	Running drills for ultradistance runners	90
11.1	Drills	91
12	Ultramarathon nutrition (Dr. Olaf Hülsmann)	95
12.1	Basic nutrition	96
12.2	Basic nutrition snacks.....	99
12.3	Water balance	99
12.4	Micronutrients	100
12.5	Carbohydrate loading	102
12.6	Race nutrition	103
12.7	Recovery	105
13	Gastro-intestinal disorders during long endurance exercise (Dr. Stefan Hinze)	107
13.1	Introduction	107
13.2	Epidemiology.....	108
13.3	Heartburn (gastric reflux).....	108
13.4	Stomach function and emptying (gastric motility).....	109
13.5	Exercise-related diarrhea	109
13.6	Gastro-intestinal bleeding.....	110
13.7	Side stitch	111
13.8	Intestinal blood disturbances (intestinal ischemia)	111
13.9	Exercising with gastrointestinal disorders.....	112
13.10	Summary and recommendations	113
14	Orthopedic strain in ultrarunners (Dr. Dietmar Göbel)	114
14.1	Shoulder injuries.....	115
14.2	Lower back and hip injuries	116
14.3	Knee injuries due to ligament overloading	117
14.3.1	Knee injuries due to overloading.....	117
14.3.2	Meniscus overloading and tears.....	118
14.3.2	Arthritis	119
14.4	Fatigue fractures	121
14.5	Achilles tendon injuries.....	122
14.6	Different types of shin splints (periostitis).....	124
14.7	Heel spur, dorsal.....	124
14.8	Heel spur, plantar / plantar fasciitis.....	
	/ overloading of the foot muscles	125
14.9	Final remarks	126
15	Mental aspects of ultradistance running.....	127
16	Basic training	131

17	Training plans for distances from 50 km to multi-day races.....	135
17.1	Miscellaneous	135
17.2	Training Zones	136
17.3	Prerequisites	137
17.4	Your feedback please!	137
17.5	Training plan for 50 km – entry level	137
17.6	Training plan for 50 km in/under 5 hours (6:00 min/km)	142
17.7	Training plan for 50 km in/under 4.3 hours (5:24 min/km)	146
17.8	Training plan for 50 km in/under 4 hours (4:48 min/km)	151
17.9	Training plan for 100 km in/under 11 h (6:36 min/km)	156
17.10	Training plan for 100 km in/under 10h (6:00 min/km)	161
17.11	6 and 12-hour races	165
17.11.1	Training plan for the 6-hour race	168
17.11.2	Training plan 12 Hour Run	172
17.12	Training for the 24-hour run and beyond.....	176
17.13	Example training plan for a multi-day race	180
18	(Ultra) trail running	185
	Training plan K 78 Swiss Alpine Marathon.....	188
	Training plan Western States 100 miles.....	193
19	Equipment	198
20	Race anecdotes	206
20.1	Spartathlon 2009.....	206
20.2	Ultra trail Mont Blanc 2004	213
20.3	1st International Isarlauf 2004, from May 17th – 21th 2004.....	217
20.4	West Highland Way Race 2008	223
20.5	60 km Monks' Trail (Monnikentocht, Netherlands).....	
	on September 1st 2007	226
20.6	Guesting at the Deutschlandlauf (Run Across Germany).....	228
20.7	Hanau-Rodenbach 100 km, April 29th 2006	230
20.8	Seven day race in Athens from March 24th to 31st	233
	Useful links	237
	Bibliography/Sources.....	237
	Credits.....	239