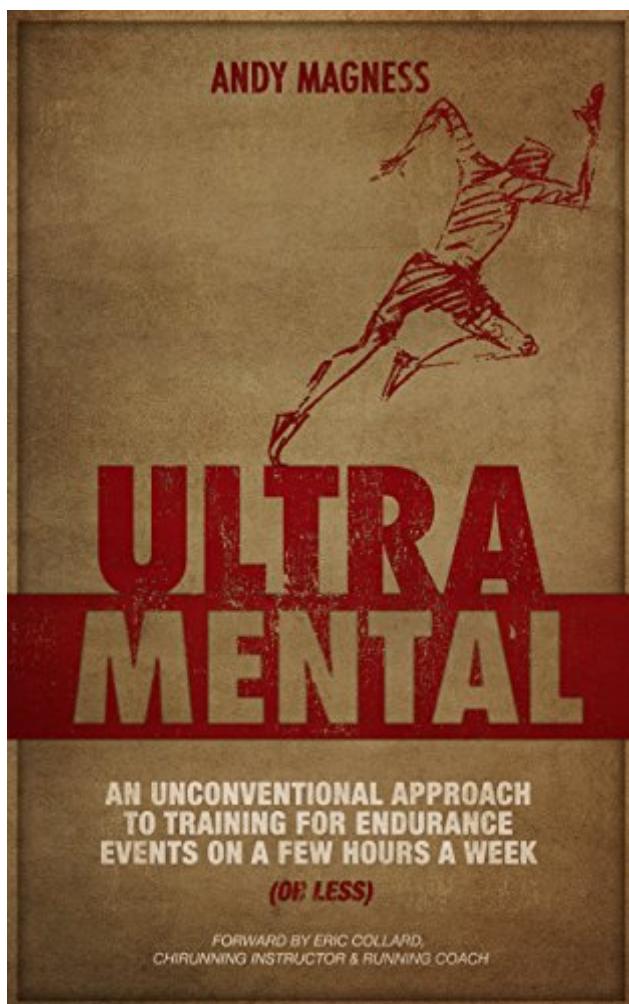


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# UltraMental: An Unconventional Approach To Training For Endurance Events On A Few Hours A Week (or Less)



## Synopsis

This book is not intended to replace training that works. It is not designed to argue that tried and true methods of preparing for endurance events should be abandoned. It does not describe a shortcut to fitness, nor does it suggest an easy route to success in ultra-endurance efforts. What it does do is build a case for an idea that application of consistent high intensity training can provide a level of fitness from which a mentally tough athlete can approach, succeed at, and enjoy endurance sports. This claim is based on years of personal experience (with detailed training logs) as well as documented research into high intensity training. It is not science, however. The theories it contains rather attempt to connect the dots and offer a reasonable, logically derived explanation for the results of my N=1 experiment carried out over the past half decade. During that time the author has competed in and finished in the top third of the field or better in more than a dozen major races including ultra-marathons, ultra-distance bike races, triathlons, and multi-day stage and adventure races. These 5 years have also seen a decrease in his weekly training hours from three down to a current volume (at the time of publication) of only 30 minutes a week. The success of this experiment has been startling and while it may not change the endurance training landscape, it does offer powerful encouragement to time strapped athletes to reconsider their belief that the number of training hours available is a critical consideration in a decision whether to participate in an endurance event—regardless of its magnitude. Put simply, it is possible to take on, finish, and do reasonably well in even the most difficult events on the planet on only a fraction of the training time that conventional wisdom demands, and this book elaborates on that possibility.

## Book Information

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## **Customer Reviews**

Could do with an copy editor, but really, who cares? This is excellently documented research on a test subject of one (himself), with verifiably amazing results. The author is not shy about stating that "efficient" training doesn't mean "easy" - and in fact emphasizes the mental and physical challenges to this method, as well as the many benefits. My husband is an ultramarathoner and has incorporated the data presented here to improve his own training methods. Everyone is a test subject of one, and not all plans work for all people, but the information presented here is clear, honest, and is backed by rigorous and peer-reviewed science. Whether or not this training regimen is right for you, the details in here are worth the read for anyone interested in a more efficient training plan.

As a mid-level elite ultra distance trail runner, I have made my way to consistent podium finishes with various training methods. My most successful year was on the lowest volume, but highest intensity training year. While I have yet to go to Andy's extreme is his low volume\ high intensity approach, I believe there is a lot of good wisdom here for those looking for an alternative training plan to the conventional high volume approach.

If you're looking for a few shortcuts or hacks to a good performance in your next endurance event and are having a hard time fitting all the training into your work and family schedule this is a good read. If you can train 15 to 20 hours a week, good for you. This book might not help you? But if you're a regular person with a spouse, children and professional responsibilities you might find it helpful to have an approach that allows you to train just three hours a week most of the time to get the job done on the day of your event.

I really loved this book. Not only is Andy's writing entertaining, but it's also very insightful full of great tips on how to train for events while still maintaining a busy schedule. The book is short, sweet, and

to the point - with lots of great advice and anecdotes. It focuses on a lot of HIIT concepts and ways to maximize your training - which I found incredibly useful. So glad I read it! I've really taken a lot of what he has said to heart and I loved the example routines he created to really help get you started. Would highly recommend!

As a 50+ year old working professional with a full and active life and many varied interests the ideas in this book and similar ones (Low Mileage Running, Body By Science) spurred me to develop my own hybrid program that allows me to participate in 1/2 marathons and obstacle course races at the same level I did when I was training more frequently and with more duration. Money is not my most valuable commodity; it's time. Andy Magness and other like-minded individuals are pushing the envelope on what you can accomplish without becoming a slave to your training regimen. It doesn't take a lot of time, but be warned, it isn't easy.

Great guide with examples on endurance and mental toughness necessary

Simple and to the point. Short and sweet and to the point. A quick informative read about maximizing results in minimal time with fewer risks of injury, and conserving energy for big bang events.

Andy is a great writer and even better salesman! If you read this book and are not sold on Hiit training by the end of it, then you are not sold on training! Clear and concise with a well researched and articulated case for low volume, high intensity training. I am training for a 60km (1000m climb) mountain run and 120km (940m climb over 18km, last 3km at 11%) road bike race using this book and it's method. I will let you know the results! But so far so good.

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