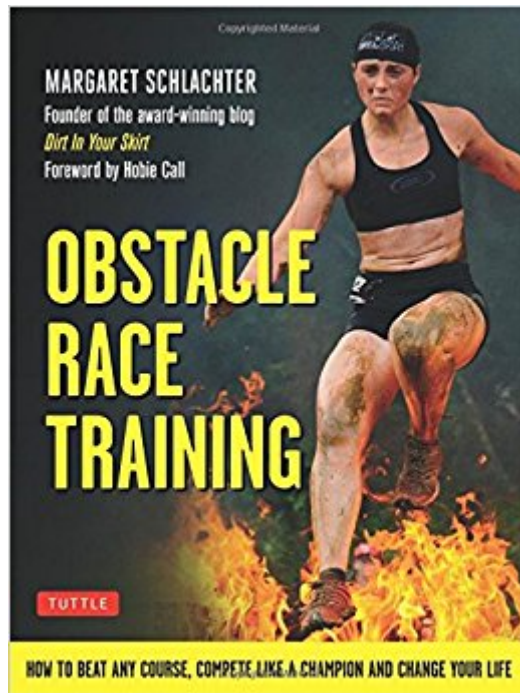


The book was found

Obstacle Race Training: How To Beat Any Course, Compete Like A Champion And Change Your Life



Synopsis

The beauty of obstacle course racing is that it gets you out of your everyday routine and lets you experience life. If you are stuck in a cubicle or trapped in an urban jungle—congested traffic and crowds are your daily obstacles. Running an obstacle course race gives you the chance to get back to nature—to roll in it, get dirty, and tap into your primal self so you can experience life—in the raw, unedited and real. Margaret Schlachter, creator of Dirt In Your Skirt blog, is one the foremost competitors in obstacle course racing today. She put together this simple guide to make your obstacle race experience everything it's supposed to be—a test of your true self. She describes first-hand her personal training methods in learning to climb a rope, scale a wall, flip a tire, throw a spear, and carry a sandbag. More importantly, she provides guidance on how to get yourself mentally and spiritually prepared for the big day—and how to dig deep within yourself during a race to find the last ounce of strength to carry you across that finish line. Every weekend thousands of competitors run obstacle races all over the world. Winning or losing is secondary. More important for them is the ability to meet the physical and mental challenges and achieve personal success by completing the race. Obstacle Race Training is an invaluable resource that enables each and every competitor to experience the maximum level of success that they are capable of.

Book Information

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Customer Reviews

As a founder at Obstacle Racing Media, I see a lot of OCR content. It is rare that we get to learn from someone who has been there since the early days. It's rare that in this industry of "look at me," someone is actually dedicating themselves to growing the sport and helping to guide its participants

(and potential participants), while also helping to raise the bar regarding athletic integrity in the sport. Margaret Schlachter is the real deal, and I believe the book reflects her nature to make the sport accessible to anyone. I love the fact that the training movements she promotes require very little equipment. I love that she includes a lot of pictures showcasing excellent training form. I love that she encourages everyone to try, and even better, helps them to understand what it takes. Why four stars instead of five? Five stars implies perfection, and I do not believe we have yet to see the best from Margaret. Maybe her second book get that last star out of me.

This is an absolute must buy if you are thinking about training for or running an obstacle course race. This book is for your weekend warrior to your elite racer. The book is full of awesome information and tips. It walks you through on how to choose the right race for you, starting and creating a balanced training plan, and diet along with mental preparation. It shows you how to master the most challenging obstacles in the most efficient way. The book lists pre-race essentials along with must haves on race day and post race advise and recover information. Margaret did a fantastic job laying out all of this information. It is one complete source for all to use in order to complete your first or better yourself in your next obstacle course race!

Great resource for anyone, from beginners to elite racers, interested in obstacle course events & races e.g. Rugged Maniac, Spartan Race, and Tough Mudder, to name a few. I know it will be at my fingertips and revisited throughout the year. What I found to be the most useful from the book: *Photos to accompany the "how to" for several common obstacles e.g. rope and wall climbs. *The 4 week "Jump Start training Program" that can be done without a gym membership or expensive equipment and can be done outside using natural elements. *"How To Get Through Your First Race". Even though I did my first race 2 years ago, I know I will revisit this section before each race for some great reminders. *Great tips on tackling many of the obstacles. Even if you think you know how to master them, you are sure to have a few "oh, that's a great idea!" moments. Favorite parts of the book: "Stories From The Course" featuring real-life stories and advice from seasoned racers which provides some different perspectives and makes you feel more connected to others who run these races at different fitness levels. What I like about the author: She shares her own personal experiences which are relevant to each section and stays on topic. Although she is a seasoned athlete in this sport, she keeps it simple and easy to follow for those who are either new and possibly intimidated by their first obstacle course race or if they are pushing themselves to a new, and tougher, level.

Though I've been racing for over four years now, I truly didn't imagine there was enough information regarding obstacle course racing to fill a book. Margaret has covered everything you could possibly want to know about this sport in a very informative, entertaining read. Throughout the book, Margaret uses both personal stories and experiences to connect with the reader on a personal level, while divulging training tips and obstacle conquering techniques used by elites. But my favorite part of the book: hundreds upon hundreds of color pictures! It is not only a great read, but eye catching and really fun to look at! I would recommend this book for both beginners looking to tackle their first obstacle course race, and long time racing enthusiasts alike!

Margaret has raced since the beginning, and learned all the lessons already. She's been on podiums and she's been injured. She's trained amazing individuals and worked closely with leaders of our sport. If you can do it in obstacle course racing - Margaret has. She's also a fantastic story teller and writer. From her early days of documenting her workouts and path to the podium on dirtinyourskirt.com, to this - the first *real* book about obstacle course racing. It's a fantastic read too. People who have picked this up because it has a chick leaping over fire on the cover, and maybe they've heard of this Spartan Race or Tough Mudder thing will get a ton from it - tips and tricks that many of us have learned the hard way (no cotton!). People planning on stepping up to the Death Race or Survival Run or World Toughest Mudder will find a wealth of information also here, from a great communicator who has already done them. Engaging, entertaining and educational - this little thing we do in the mud on weekends has grown up from that first event in Vermont with a few hundred people, and it's nice to have a resource like this around for the many thousands of people who will also fall in love with this sport in the future.

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