

Training For Ultra Running By Andy Milroy

By Andy Milroy

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Andy Milroy (Author of North American -

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Ultra Running Tips; Andy Mouncey is our coach-in-residence here at Extreme Andy therefore brings a multi-faceted perspective to his training and coaching.
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Start reading North American Ultrarunning: A History on Andy Milroy is a world authority on Ultra Marathon running. he also edited ultradistance training

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<http://www.coolrunning.com.au/ultra/kouros.shtml>

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<http://www.irunfar.com/>

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<http://www.marathon-training-program.com/ultra-marathon-training/>

Andy Milroy - ARRS -

Andy Milroy. Andy Milroy is the ARRS Co editor of books on training for ultradistance events, and the primary originator of the "Ultra Marathon Race

http://www.arrs.net/members_andy_milroy.php