

Trail and Mountain Running: The Complete Guide to Off-Road Running

The ultimate guide to trail and mountain running, from beginner to advanced.

Whether you're a seasoned runner looking to take your skills to the next level or a beginner just starting out, Trail and Mountain Running has everything you need to know to get started and stay safe on the trails.



Trail and Mountain Running by Sarah Rowell

★★★★☆ 4.8 out of 5

Language : English
File size : 9833 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 180 pages
Screen Reader : Supported



In this comprehensive guide, author Sarah Rowell covers everything from choosing the right gear to training for and racing on trails and mountains. She also provides detailed information on nutrition, hydration, and injury prevention.

With beautiful photography and helpful illustrations, Trail and Mountain Running is the perfect resource for anyone who wants to enjoy the challenges and rewards of off-road running.

What's Inside Trail and Mountain Running?

- Choosing the right gear for trail and mountain running
- Training for trail and mountain running
- Racing on trails and mountains
- Nutrition and hydration for trail and mountain running
- Injury prevention for trail and mountain running

Whether you're new to trail and mountain running or a seasoned pro, Trail and Mountain Running has something to offer everyone. So what are you waiting for? Get your copy today and start exploring the trails and mountains!

About the Author

Sarah Rowell is an experienced trail and mountain runner and the author of several books on the subject. She is also a certified running coach and has helped countless runners achieve their goals. Sarah lives in Boulder, Colorado, with her husband and two children.

Praise for Trail and Mountain Running

"Trail and Mountain Running is the most comprehensive guide to off-road running that I've ever read. Sarah Rowell covers everything you need to know to get started and stay safe on the trails, from choosing the right gear to training for and racing on trails and mountains. This book is a must-read for anyone who wants to enjoy the challenges and rewards of off-road running."

- Dean Karnazes, ultramarathon runner and author of *Ultramarathon Man*

"Sarah Rowell is one of the most experienced and knowledgeable trail runners in the world. In *Trail and Mountain Running*, she shares her expertise with runners of all levels. This book is a must-read for anyone who wants to improve their trail and mountain running skills."

- 鏑木毅, trail runner and winner of the Ultra-Trail du Mont-Blanc

"*Trail and Mountain Running* is the perfect resource for anyone who wants to explore the trails and mountains. Sarah Rowell provides detailed information on everything from choosing the right gear to training for and racing on trails and mountains. This book is a must-have for any trail runner."

- Adam Campbell, trail runner and author of *Trail Running: A Beginner's Guide*



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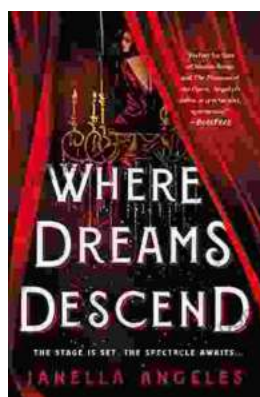
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