



Obstacle Course Racing: The Ultimate Beginners Guide to Completing Your First Adventure Race

By Richard Bond

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Obstacle Course Racing - The Ultimate Beginners Guide To Completing Your First Adventure Race (Featuring 2 x Training Programs for Short Long Courses) If you already have an interest and perhaps regularly take part in events such as half- and full-marathons, or more challenging events such as the steeple chase, triathlon or decathlon, think of obstacle course racing as taking things to a whole new level. Obstacle course races have replaced mere triathlons and the like as the contemporary measure of physical fitness, with a very dominating element of sheer human willpower, teamwork, planning, fun, mental toughness and a whole lot more. Obstacle course races such as the Tough Mudder, in particular, will have you commanding a lot of respect from your peers and counterparts alike, simply because completing what continues evolving into an iconic obstacle course race is right up there with the biggest modern day achievements anyone could ever accomplish. If the regular 5-10k races just don't cut it for you anymore, it's definitely time for you to step things up a notch, get...

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