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ultramarathon program is based on sound science, the most current research, and years of experience coaching the sport's star runners to podium performances.

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Unlike so many “it
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Coach Jason Koop’s
proven program
and guidance are
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When elite ultrarunners have a need for speed, they turn to coach Jason Koop. Now the sport's leading coach makes his highly effective ultramarathon training methods available to ultrarunners of all abilities in his book *Training Essentials*

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for Ultrarunning.
Ultramarathoners
have traditionally
piled on the miles
or tried an
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will revolutionize training for those who want to race an ultramarathon instead of just gutting it out to the finish line. Koop's race-proven ultramarathon program is based on sound science,

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is unique and
through the
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psychology, and
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with elite and
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comprehensive
guide to anyone
who wants to excel
at ultrarunning.

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How to ...
By Jason Koop CTS
Coaching Director,
Author "Training
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“Ultrarunning” From an insular position within the sport of ultrarunning it can seem like everyone is running 50k and 100-mile events these days, so I really appreciated reading the participation data from Gary Wang at realendurance.com compiled from the

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early 80s through
2017.

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