



Mud Run Survival Guide: Prep for Your First Obstacle Race Like a Pro! (Paperback)

By Erik Schielke

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.The Mud Run Survival Guide will help you train for your first obstacle race like a pro! This book is a must-have for anyone new to the sport of mud runs, covering popular event providers, how to pick a course, common obstacles you will face, and a challenging 9-week physical training program to get you in amazing shape for your first race! Build strength and stamina with step-by-step instructions in this detailed guide while you get the inside scoop on race day gear, and more.



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Reviews

Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.

-- **Geovanny Grimes**

Very helpful to all category of individuals. It is definitely simplified but surprises inside the 50 percent of your pdf. I am very happy to inform you that this is actually the very best pdf i have read in my very own lifestyle and may be he finest pdf for actually.

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