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# ULTRAMENTAL: AN UNCONVENTIONAL APPROACH TO TRAINING FOR ENDURANCE EVENTS ON A FEW HOURS A WEEK (OR LESS)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The conventional wisdom of training for ultra-endurance events is that you need to be able to devote many hours a week to the task in order to prepare your body and mind for success. In this book, I challenge that wisdom. Although the above path certainly works for some, a lack of copious amounts of time shouldn't...

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- Authored by Andy Magness
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