



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

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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