



Obstacle Race Training: How to Conquer Any Course, Compete Like a Champion and Change Your Life (Paperback)

By Margaret Schlachter

Tuttle Publishing, United States, 2014. Paperback. Book Condition: New. 252 x 190 mm. Language: English . Brand New Book. The beauty of obstacle course racing is that it gets you out of your everyday routine and lets you experience life. If you are stuck in a cubicle or trapped in an urban jungle--congested traffic and crowds are your daily obstacles. Running an obstacle course race gives you the chance to get back to nature--to roll in it, get dirty, and tap into your primal self so you can experience life--in the raw, unedited and real. Margaret Schlachter, creator of Dirt In Your Skirt blog, is one the foremost competitors in obstacle course racing today. She put together this simple guide to make your obstacle race experience everything it s supposed to be--a test of your true self. She describes first-hand her personal training methods in learning to climb a rope, scale a wall, flip a tire, throw a spear, and carry a sandbag. More importantly, she provides guidance on how to get yourself mentally and spiritually prepared for the big day--and how to dig deep within yourself during a race to find the last ounce of strength to carry you...



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