



Ultramarathon Running Injuries: Niggles, Scrapes and Nipple Chafes (Paperback)

By Dr Phil Harley

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Some athletes get proper injuries. This is not a book about proper injuries. Go and see a professional if you have a proper injury. If it hurts a lot - you probably need to take time off training. If it hurts a bit - and you want to whinge a bit about it, do so. You are probably fine to carry on. This is a book about these injuries. These knocks, niggles and yes, chafed nipples. You may have had these, you may have had all of these. This is a survival guide to help get you to across the finish line and to the start line of the next one. Normal ultra marathon injuries come from the wear and tear ordinary mortals sustain running an ultramarathon. When you run big distances, it will hurt. Probably a lot. If it were easy, you probably wouldn't be as drawn to it. If you have many ultras and a few hundred milers under your belt, you don't need to read this book. If you are built of steel and don't mind a bit of discomfort,...



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