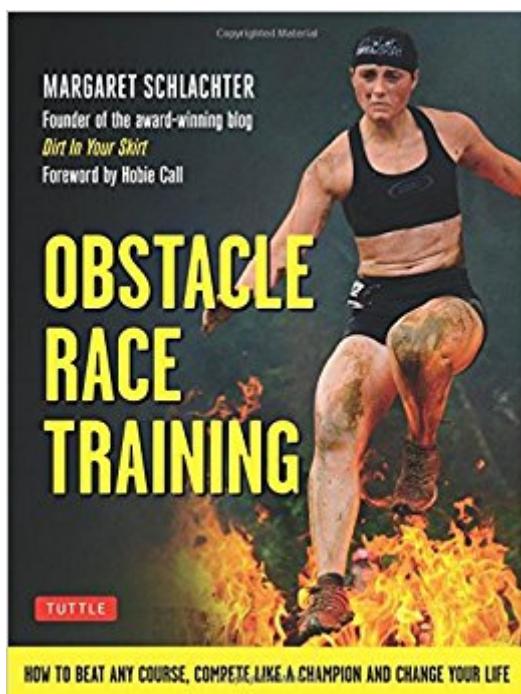


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# Obstacle Race Training: How To Beat Any Course, Compete Like A Champion And Change Your Life



## Synopsis

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 across that finish line. Every weekend thousands of competitors run obstacle races all over the world. Winning or losing is secondary. More important for them is the ability to meet the physical and mental challenges and achieve personal success by completing the race. *Obstacle Race Training* is an invaluable resource that enables each and every competitor to experience the maximum level of success that they are capable of.

## Book Information

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## Customer Reviews

"Margaret was with us at our first Spartan Race where very few women competed, she paved the

way for 150,000 women to become Spartans" •she is the Amelia Earhart of Spartan Obstacle Racing!" •Joe Desena, Founder of Spartan Race"Margaret's passion and enthusiasm for obstacle racing combine with her knowledge and experience to make her the perfect athlete to write this book. Well-rounded and talented, Margaret has broken ground in a sport that others failed to take seriously. This is the beginning of something exciting. There is no doubt in my mind that someday we will be hailing Margaret as the mother of OCR competitive racing, a first of her kind." •Vanessa Runs, author of Summit Seeker and Blogger at vanessaruns.com"In Obstacle Race Training, Margaret gives us everything we need to know about OCR, plus the inspiration to get started and keep going. From the practical aspects of training, through finding balance in your life, this book is a must-read for the seasoned and newbie alike." •Mina Samuels, author of Run Like a Girl: How Strong Women Make Happy Lives"Margaret Schlachter does a terrific job giftwrapping the entire realm of obstacle racing and mud-running in a quick, enjoyable read. This book is perfect for anyone looking to learn about the sport, understand the differences among many seemingly similar yet very different events, and build 100% of the confidence they need to know that their event is the event they were born to run." •Joe DiStefano, Founder, Spartan Coaching"Obstacle Racing" •see it, feel it, live it through the eyes, mind, and soul of one of the sports pioneers" •Born To Run coach Eric Orton, author of The Cool Impossible"This book may be the "Born to Run" for Mud Runs!" •Brett Stewart, author of Ultimate Obstacle Race Training

Margaret Schlachter has been an obstacle course competitor since the birth of the sport in 2010 and is today the dominant female voice in this sport. She is a founding member of the Spartan Race's Chicked Movement, which is a campaign to get women involved in the sport. Schlachter works with the race companies as a consultant, as well as writes for various outlets about the sport. In 2012, she became the first professional female obstacle course racer. She currently devotes all of her time to writing, racing and blogging at "Dirt in Your Skirt" website, helping inspire women to get off the couch and get active each day!

The audience for this book would be an individual with a limited athletic background and an interest in obstacle course racing, or someone with no previous experience in obstacle course racing considering their first race. The book is filled with opinions and experiences of an accomplished obstacle course racer with no deeper rationale presented - lots of enthusiasm without much evidence. The book provides broad brushstrokes for how to prepare for a first obstacle course race

and beyond, but often lacks details and any evidence of research beyond anecdotes. This book is not for individuals with more than a basic knowledge of fitness/nutrition or with any substantive experience in obstacle racing. There are no real secrets revealed, nor meaningful insights into becoming a more complete/better athlete in the obstacle racing realm. The editing is suboptimal resulting in multiple misspelled words or grammatical mistakes on nearly every page. It does not make the information difficult to understand or interpret, but rather is just a small annoyance. The text flows reasonably well and stays to the point. For someone trying to learn about obstacle course racing from an accomplished athlete in the sport and/or at a superficial level this is a very good option. For someone looking for more detail or an evidence-based guide to realizing your full potential in OCR, I recommend looking elsewhere.

I wish this had been available before I ran my first Tough Mudder. I made up my own training regime based off of YouTube videos that I found, and that part seemed to go pretty well, but the parts of this relating to what to wear, or what to bring after finishing an event would have been extremely helpful. I now have a dedicated gear bag for OCRs that has most of what she recommends. And, it would've saved me some grief if I had just avoided SuperHero Scramble based off of her experience with them.

Great book for beginners. I found it really useful in preparing for my first race -- a Spartan Beast. Honestly, it was more race than I should have bitten off for my first OCR, but this book was very helpful in keeping my training on point.

I truly learned a lot with reading this book and I highly recommend it to anyone who plans on doing an obstacle style race. I plan on doing a Spartan race in the near future and found a lot of information in this book truly helpful and I now feel a little bit better prepared for the unknown.

My Sparten race family loved this book.

Margaret Schlachter provides excellent, detailed instructions on how to train for and conquer the most common obstacles found in the obstacle racing world. As a pioneer in the sport, she uses her vast knowledge and experience level to provide tips on what to eat, what to wear, and how to mentally prepare for race day, so that racers can show up prepared to perform their best. I highly recommend this book for obstacle racers of all levels!!

The author covers many aspects quickly. This isn't a book that will go into all the details, but does a great job giving you the nitty gritty. Good quick read to get me ready for my first Spartan race in a few months. She gave some pointers that I wouldn't have thought of on my own. Thank you Margaret!

A lot of race preparation tips. More importantly, moral support and encouragement to get after it. Looking forward to the race. Thanks Margaret.

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