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Cincinnati Magazine ,2001-08 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **Down and Dirty** Matt Davis,2014-07 DIVThis book from Matt B Davis offers a down and dirty overview of the most popular races before tackling the most important concerns for any racer preparation and training div *The Essentials of Obstacle Race Training* Magida, David,Rodriguez, Melissa,2016-08-29 A comprehensive training manual that prepares athletes for the demands of obstacle course racing From grip strength to balance exercises and workouts address the unique challenges of this popular sport **Run, Lift, Carry, Climb** Riley Nadoroznick,2017-02-24 Become a faster more confident obstacle course racer In 2016 over 70% of all our athletes qualified for the OCR World Championships while 80% of our Elite Spartan Racers competed in the Spartan Race World Championships Two of our Competitive Division Spartan Race athletes finished ranked 3rd and 10th overall in all of Canada This book contains the exact workouts that helped us get there Most of the athletes I coach are very busy people They have families pets and stressful professional lives They sit on volunteer boards and take time to give back to their community There s always something going on in our lives so we need to make sure our workouts are as efficient as possible We don t have hours per day to spend out on the trails like most pros If you have unlimited time for training and choose to spend most your life doing so then this probably isn t the book for you But if you like us live busy lives outside of obstacle course racing I believe the fun and efficient workouts in this book can help you Through our training through the exact workouts described in this book my teammates and I have achieved more than we ever thought possible We ve transformed ourselves from half decent Open category athletes into top 10 finishing Spartan Race Elites You probably won t win the World Championships simply following the workouts in this book But I believe these workouts will help you fall in love with your training and become a faster more confident obstacle course racer in the process We proved that it s possible to go far in OCR without devoting your entire life to training Now it s your turn *Ultimate Obstacle Racing Metcons* Riley Nadoroznick,2019-07-26 Take your training to the next level and become the best Obstacle Course Racer you can be Ultimate OCR Metcons is a simple book It s nothing more than 23 of the most fun challenging and effective 5 30 minute workouts we know Our obstacle course racers have reached the podium at dozens of major OCR races Our team TrainWithConviction has been the fastest team at countless Spartan Races And we ve had several top ten finishes at the OCR World Championships None of us are elite athletes We all started as middle of the pack open heat racers But with a lot of hard work and intelligent training we ve become a team to be reckoned with Much of the success our obstacle race athletes have seen is due to the workouts in this book Our athletes are busy We work full time jobs We volunteer in our communities We have kids and pets that demand much of our time We don t have hours upon hours to train but we still want to be as good as we can be That s where these short five to thirty minute workouts can really help out And to help you stay motivated we ve added a little

something special Many of the workouts in Ultimate OCR Metcons are scoreable You can keep track of the number of rounds you complete or how long it takes you to finish a workout Not only will keeping track of your results allow you to see your progress but with our Online Leaderboard you ll also be able to compare your scores to those of other OCR athletes around the globe Think you can finish The Longest Mile faster than anyone else Don t think anyone can top your Got Grip score Now you can prove it Become a better obstacle course racer have a ton of fun and compete with other OCR athletes worldwide Pick up your copy of Ultimate OCR Metcons today **Conquering The Gauntlet** Evan Perperis,2020-10-02 Whether you are a first time Obstacle Course Racing OCR athlete or an experienced competitor attempting to keep his elite finisher s belt you will find value in the only book focused on completing Conquer The Gauntlet CTG CTG is a four mile OCR with technical obstacles like you would find on the hit TV show American Ninja Warrior It is known for having the hardest obstacles out of any obstacle racing series in the USA However just because the obstacles are challenging don t let that scare you off CTG is the Midwest s favorite OCR series bringing you a family friendly atmosphere along with 25 great obstacles per event Even new athletes and first time competitors will enjoy seeing how far they can make it on the harder obstaclse like Stairway to Heaven Tarzan Swing and Pegatron Included in the 100 page book are common concerns questions with answers three weekly training templates beginner intermediate and advanced obstacle specific tips broken into strength and technique improvement ten workouts recommendations for training accessories and final tips tricks to prepare you for race day Show up prepared by picking up a copy of Conquering The Gauntlet today then head over to www ConquerTheGauntlet com to sign up for your race

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