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Endure Smarter Not Harder: Consolidated wisdom from extreme endurance athletes who have been there and done that (Motivation for Current and Aspiring Endurance Challenge Athletes) (Volume 1)

By Grant Alexander Shymske
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ENDURE SMARTER NOT HARDER



CONSOLIDATED WISDOM FROM
EXTREME ENDURANCE ATHLETES WHO
HAVE BEEN THERE AND DONE THAT

GRANT SHYMSKE

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races has exploded in the past few years. This rapid expansion has resulted in a number of heavy hitting companies emerging as the standard bearers for difficulty and innovation in this newly minted ‘sport’. While all of them are different in their own way, they center around the objective of getting people outside of a usual or expected setting, pushing some personal boundaries and in the end allow participation. About the Author: A Masters in Philosophy of Science, 8 years in the Army and 5 years of experience in the world of extreme endurance challenges and expedition-style adventure races set me up to hungrily devour physical challenges and anything experts research or write about.

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