

Down and Dirty: The Essential Training Guide for Obstacle Races and Mud Runs

By Matt B. Davis

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Obstacle course races and mud runs such as Tough Mudder, Spartan Race, Warrior Dash, Rugged Maniac, and Muddy Buddy are all waiting for you to get *Down and Dirty*. Author **Matt B. Davis** offers an overview of the most popular races before tackling the most important concerns for any racer: preparation and training. Each obstacle-focused chapter will feature a leading obstacle race athlete who will offer expert advice on how to get prepared for your next race--whether it's your first or you're a recent devotee who wants to try them all. Because each race is different, this book will supply training advice for a variety of obstacles and races.

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Down and Dirty: The Essential Training Guide for Obstacle Races and Mud Runs By Matt B. Davis Bibliography

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Editorial Review

Review

"Matt B. Davis has a pulse on the obstacle racing world through his website Obstacle Racing Media and his weekly podcast. He has brought together some of the big names in the sport to help guide you through your first or fiftieth race."
—**Margaret Schlachter**, author *Obstacle Race Training: How to Beat Any Course, Complete Like a Champion, and Change Your Life*

"Matt has been living and writing about OCR since the beginning of the sport's rise to popularity. This is the first book written of its kind by someone who lives and breathes OCR every day and who makes his living being at races and talking to the best in the sport at it every day. With contributions by the best of the best, it is an incredible training manual for anyone interested in the sport of OCR.
—**Carrie Adams**, Spartan Race PR Director

"Matt brings his in-depth knowledge and deep passion for the sport of OCR to the pages of *Down and Dirty,* and shows that he truly has his finger on the pulse of the community of race directors and athletes—both amateur and elite—to put together a resource that will be invaluable to many OCR 'freaks' all over the world."
—Brett Stewart, founder of mudrunguide.com, author of *Ultimate Obstacle Race Training*

About the Author

Matt B. Davis is a journalist and podcaster who specializes in obstacle racing and mud runs. He has completed over 50 events of every distance and difficulty level. Through the Obstacle Racing Media website and podcast, Matt has interviewed over 100 people including athletes, race directors, and other OCR insiders. He lives in Atlanta, Georgia with his wife and 3 children.

Scott Keneally is author of *Playing Dirty* and director of *Rise of the Sufferfests.*

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