

The Ultimate Primate Announces The 74 Toughest Ultramarathons Around The World

These gruelling races, which are longer than your standard marathon is for the toughest of athletes.

Sydney Australia -- 23rd November 2020 -- The Ultimate Primate, a health & fitness based website has recently updated a list of the most popular ultramarathons around the world. The whopping list includes 74 Ultramarathons that are based on mountains and trails.

If you're wondering what an Ultramarathon is then prepare to sink in your teeth. As The Ultimate Primate quotes: "An ultramarathon is any race that goes longer than the standard marathon distance of 26.2 miles. It's a true test of courage, guts, and grit in which only the strongest survive.". Typically, a lot of Ultramarathons go for up to 100-miles but there are some such as the Moab 240 which spans 240 miles. And remember, this is all done on foot.

Marko Rakic, the lead writer from The Ultimate Primate has stated the following: "I've done a marathon once in my life so far and that's 26.2-miles, or just shy of 42.2km if you're reading from Australia. It was very excruciating, and I have nothing but respect for these amazing athletes that are able to take it a step further."

In regards to the curated list of 74 Ultramarathons around the world, Marko said: "We wanted to bring more awareness around this amazing sport, and to spread the message that there are amazing athletes around there doing insane races which sometimes don't get as much respect as other athletes."

When speaking about how someone can get started on training for an Ultramarathon, Marko stated "It's all about consistency. There are amazing people running out there. Older people, and that's just really inspiring. But at the end of the day, you need to be consistent and constantly increase your mileage as you run weekly. Make sure you rest enough and have a proper diet as well. You don't need much other than running shoes for a beginner to start."

You can find the list of these marathons, along with their ticket websites on The Ultimate Primate by going to their page, the 74 most popular ultramarathons on trails and mountains around the world.

Contacts

Marko Rakic
61431743863
mailto:hello@theultimateprimate.com