



Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way

By Luke Humphrey

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Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way

By Luke Humphrey

Run your first marathon or your fastest with *Hansons Marathon Method*, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project.

In *Hansons Marathon Method*, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests.

Hansons Marathon Method tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage runners. Runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest final miles of the marathon--and finish strong.

In this new second edition, the Hansons program welcomes newer runners with a new Just Finish program featuring a simple schedule of easier running and lower mileage. The Just Finish program sets up first-time marathoners for an enjoyable marathon and a lifetime of strong, healthy running.

Hansons Marathon Method will prepare you for your best marathon:

- Sensible weekly mileage based on science, not outdated traditions
- Effective Hansons speed, strength, and tempo workouts paced to achieve your goal
- Crucial nutrition and hydration guidelines to run strong for the whole race
- A smart and simple Just Finish program for new runners and marathon first-timers
- Detailed training schedules for experienced and advanced marathoners

This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the

most effective recovery methods. Using the Hansons' innovative approach, you will mold real marathon muscles, train your body to avoid the wall, and finish strong.

Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the world. Using their innovative approach, runners will mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon.

"You might expect a training program devised by the Hanson brothers to be a little different than the usual rehashing of principles and schedules. Given the success of athletes from the Hansons-Brooks Distance Project, you wouldn't be surprised if it was effective, too." -- ***Runner's World***

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Bibliography

- Sales Rank: #8621 in Books
- Brand: VeloPress
- Published on: 2016-01-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .75" w x 6.00" l, 1.00 pounds
- Binding: Paperback
- 256 pages



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Editorial Review

Review

“Keith and Kevin Hanson have been training professional and amateur distance runners for over 20 years. Last year the brothers, along with Luke Humphrey, an exercise physiologist and one of their coaches, published *Hansons Marathon Method*. In it, they’ve thrown out just about every standard of the marathon training program...Unlike other marathon training programs, which typically have runs of 20 miles or longer, the Hansons method tops out at 16 miles, an appealing draw.” ? ***New York Times***

“You might expect a training program devised by the Hanson brothers, Keith and Kevin, to be a little different than the usual rehashing of principles and schedules. Given the success of athletes from the Hansons-Brooks Distance Project, you wouldn’t be surprised if it was effective, too.” ? ***Runner’s World***

“With his wealth of knowledge, and the Hanson’s assistance, Luke Humphrey crafts a fantastic book that is easy to digest and understand. The book is a quick read and breaks down the entire program nicely. *Hansons Marathon Method* is purely based on science. Every single run is an important part of the entire program. There is a strategy and logic to everything the plan calls for you to do.” ? **The RUNiverse**

“Kevin and Keith Hanson have years of experience coaching athletes at many levels. Their knowledge of the sport is evident in their ability to continually develop athletes and take them to the next level. In addition, Luke Humphrey's science background coupled with being a top-tier marathoner brings a unique and beneficial perspective to training. Not only can Luke provide the scientific approach to the training methods, but he's done the workouts and had successful results. The results have been proven at every level, from the beginner to the elite, the Hanson's training system works. With the coaching experience of Kevin and Keith and the science background Luke brings to the table, you have an incredible wealth of knowledge, and arguably one of the best marathon coaching teams in the country.” ? **Desiree Davila, Olympic marathoner**

“Keith and Kevin Hanson, through their passion for the sport of distance running, have developed an amazing history of successful coaching with the Hansons-Brooks Distance Project. Their insights into their individual athletes and coaching philosophies have enabled athletes like Desi Davila and Brian Sell to successfully compete on the world’s greatest running stages. Even more impressive is the development of what many elite coaches would call “marginally talented runners” who the Hansons have coached up to being national-caliber competitors. Many coaches have systems, but the key to success is the athlete’s belief in that system. That comes with trust. The athletes trust the process and the people directing that process. Luke Humphrey adds the science behind the process, but the implementation of the process is an art perfected one athlete at a time.” ? **Greg Meyer, American distance runner and winner of the Boston and Chicago Marathons**

“There is really no minor detail in marathon prep, as anything can be a major issue in the face of a 26-mile run. From how and when to rest, how to fuel, stretches and exercises to work on parts of the body that running misses, gear, and then formulating the actual race strategy, every key detail is addressed. *Hansons Marathon Method* is the kind of book a rookie marathoner can pick up and use to ensure they reach the starting line feeling like they are ready for the challenge.” ? ***Run Oregon***

From the Back Cover

Run your fastest marathon--or your first--with Hansons Marathon Method, the revolutionary training program from the Hansons-Brooks Distance Project.

The Hansons Marathon Method has helped thousands of runners smash their best times, using the same training approach that has turned Hansons-Brooks Distance Project runners into champions. With comprehensive training schedules for experienced runners, plus a Just Finish plan for newer runners, *Hansons Marathon Method* will prepare you for your best marathon.

The Hansons training system sets you up for a strong marathon with:

- Sensible weekly mileage based on science, not outdated traditions
- Speed, strength, and tempo workouts paced to achieve your goal
- Crucial fueling guidelines to help you run strong
- Detailed beginner, intermediate, and advanced training plans

This revised second edition answers frequently asked questions, shows how to integrate flexibility and strength work into your training week, and shares the most effective recovery methods. The new Just Finish program offers easier running and lower mileage, setting first-time marathoners up for an enjoyable marathon and a lifetime of strong, healthy running. Using the Hansons' innovative approach, you will build real marathon muscles, train your body to avoid the wall, and finish strong.

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About the Author

Luke Humphrey is head coach of Hansons Coaching Services and a member of the Hansons-Brooks Distance Project. Humphrey holds a BA in Exercise Science from Central Michigan University, an MS in Exercise Science from Oakland University, and is a Certified Clinical Exercise Specialist with the American College of Sports Medicine. Humphrey is also a professional distance runner with top 10 and podium finishes in major U.S. running races from 10K to marathon, as well as two-time qualifier for the Olympic Trials. He is author with Kevin and Keith Hanson of *Hansons Marathon Method* and *Hansons Half-Marathon Method*.

Kevin and Keith Hanson are elite running coaches and co-founders of the Hansons-Brooks Distance Project. Kevin has earned multiple Coach of the Year distinctions in recognition of the performance of athletes racing in his programs.

Users Review

From reader reviews:

Candice Sharkey:

This Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this book incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. That Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way without we comprehend teach the one who looking at it become critical in imagining and analyzing. Don't be

worry Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way can bring any time you are and not make your bag space or bookshelves' turn out to be full because you can have it with your lovely laptop even mobile phone. This Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way having great arrangement in word as well as layout, so you will not experience uninterested in reading.

Sandra Davis:

Spent a free a chance to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they carrying out activity like watching television, likely to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try look for book, may be the guide untitled Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way can be excellent book to read. May be it could be best activity to you.

Charlsie Sprouse:

The reason? Because this Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will zap you with the secret that inside. Reading this book alongside it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of positive aspects than the other book get such as help improving your proficiency and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the book store hurriedly.

Jonathan Leake:

Many people said that they feel uninterested when they reading a e-book. They are directly felt it when they get a half elements of the book. You can choose typically the book Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way to make your current reading is interesting. Your personal skill of reading talent is developing when you including reading. Try to choose very simple book to make you enjoy you just read it and mingle the opinion about book and studying especially. It is to be initial opinion for you to like to wide open a book and study it. Beside that the book Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way can to be your new friend when you're sense alone and confuse in what must you're doing of their time.

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