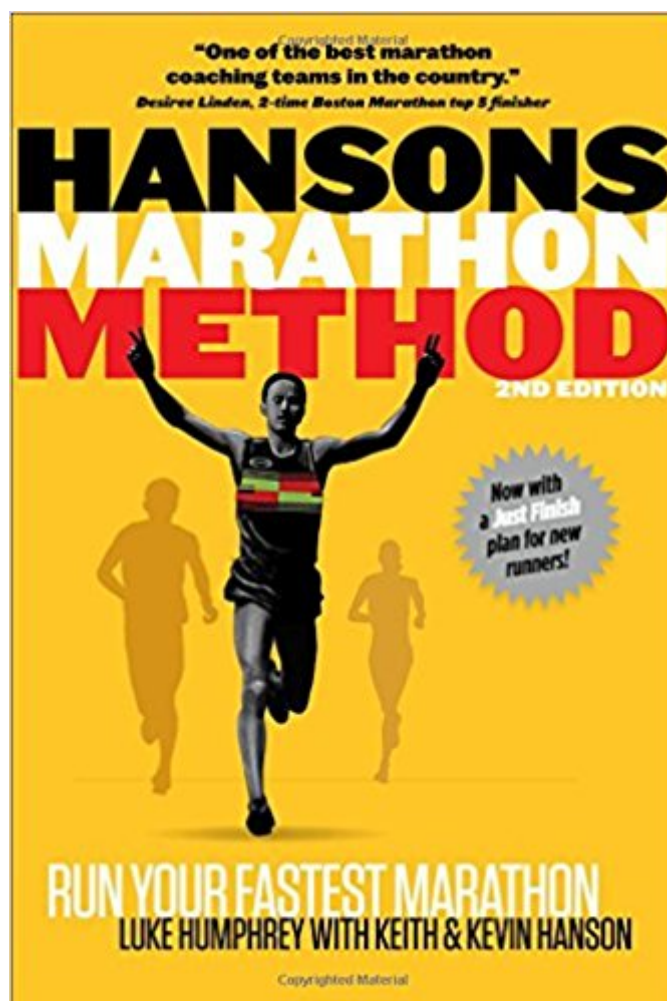


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# Hansons Marathon Method: Run Your Fastest Marathon The Hansons Way



## Synopsis

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 Hansons Marathon Method will prepare you for your best marathon: Sensible weekly mileage based on science, not outdated traditions Effective Hansons speed, strength, and tempo workouts paced to achieve your goal Crucial nutrition and hydration guidelines to run strong for the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

## Book Information

Paperback: 256 pages

Publisher: VeloPress; 2 edition (January 1, 2016)

Language: English

ISBN-10: 1937715485

ISBN-13: 978-1937715489

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 54 customer reviews

Best Sellers Rank: #47,399 in Books (See Top 100 in Books) #58 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #89 in Books > Sports & Outdoors > Coaching > Training & Conditioning #209 in Books > Sports & Outdoors > Individual Sports

## Customer Reviews

“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

As marathon participation sets new record highs in the U.S., the coaches of the nation’s top running group update their best-selling marathon training approach.

I wanted to wait until after the 2016 CIM ( California International Marathon ) to write my review because it was the first marathon I used the Hansons training plan for. Short version is, it worked! I took 10 minutes off my last Boston marathon time and was feeling strong enough in the final kms that I caught the 3:03 pacers and passed them for a 3:02:23 finish. I jumped onto the Hansons plan pretty late, though I already had a decent base and was doing my own plan based on prior Hal Higdon plans from my first two marathons. Unfortunately I had factors working against the Hansons plan, namely the fact that I had 10k, half marathon, and 15k race races too close my target marathon, and so I could not stick exactly to the plan Hansons plan.. The plan was easy enough to adapt though and I mostly dropped the shorter ‘Easy’ runs and still did all the hard/log/fast workouts. The specificity of the workouts and the paces for them really worked for me, and even though I upped my target from 3:10 to 3:05 during the training cycle, I never felt ‘tired every day’ like they and some folks say the program will make you. That said, some days were HARD; hard to hit

the pace, hard to hold it for the distance, but that's what training is all about, right? TIP: The whole plan hinges around your goal marathon time, so pick wisely. Too aggressive and the training will really beat you up, too conservative and you won't get the real benefit of the program.

Marathon plan that is well-based on science and achievable even for a first-time marathoner. I had been getting this book from the library and read it multiple times and finally decided to buy my own copy.

This book is amazing - I shaved 50 minutes off my marathon PR and ran a sub 4:00 marathon with my eyes on a BQ in the fall. The Hanson's marathon method took my running to the next level. Not to say that the training is by any means easy, but it is worth it if you have the time to dedicate towards improvement. It was simple and easy to understand and customizable based on your experience and ability. It even has pace charts that help you develop your training plan. I highly recommend this book!

Great running coaching book. This has been my running guide for many years and has allowed me to significantly reduce my marathon time from 3:08 first marathon to 2:51 in Boston. I highly recommend this book to any runner from novice to advance.

.. is the secret sauce in this book. It really works. The volume of training is high, so you'll need to make a big commitment to training.

I used to Hanson's Advanced Marathon Training Plan in this book with modifications of Orange Theory Fitness cross training workouts for HIIT Treadmill/rowing/weight training and it helped me achieve a 41 minute PR and my first BQ! I would highly recommend this book and the training plan for any marathoners aspiring for significant improvements I their PR and/or BQ.

Excellent book and philosophy! Helped me with marathon #2, improved my time and no injury!

This book gives a lot of great advice for marathoners!

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