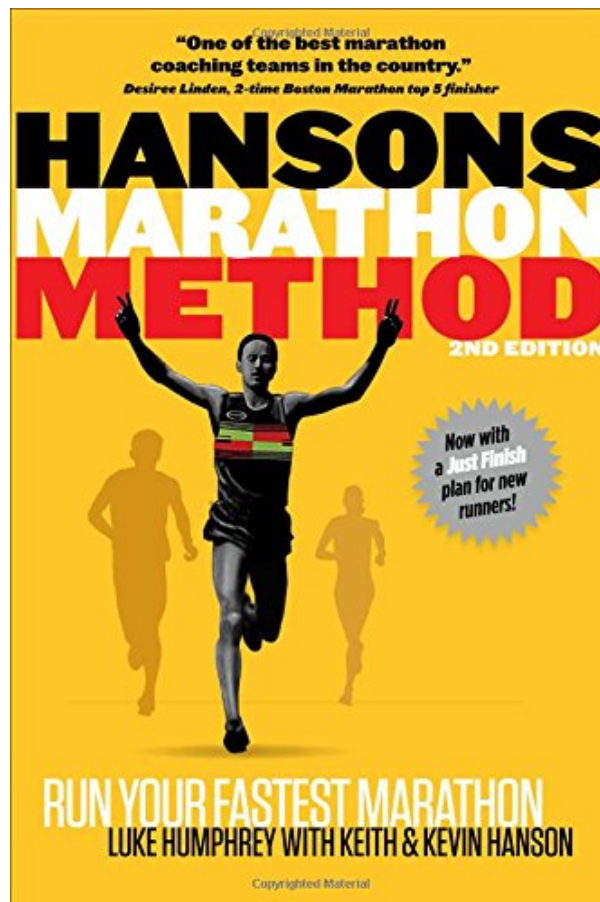
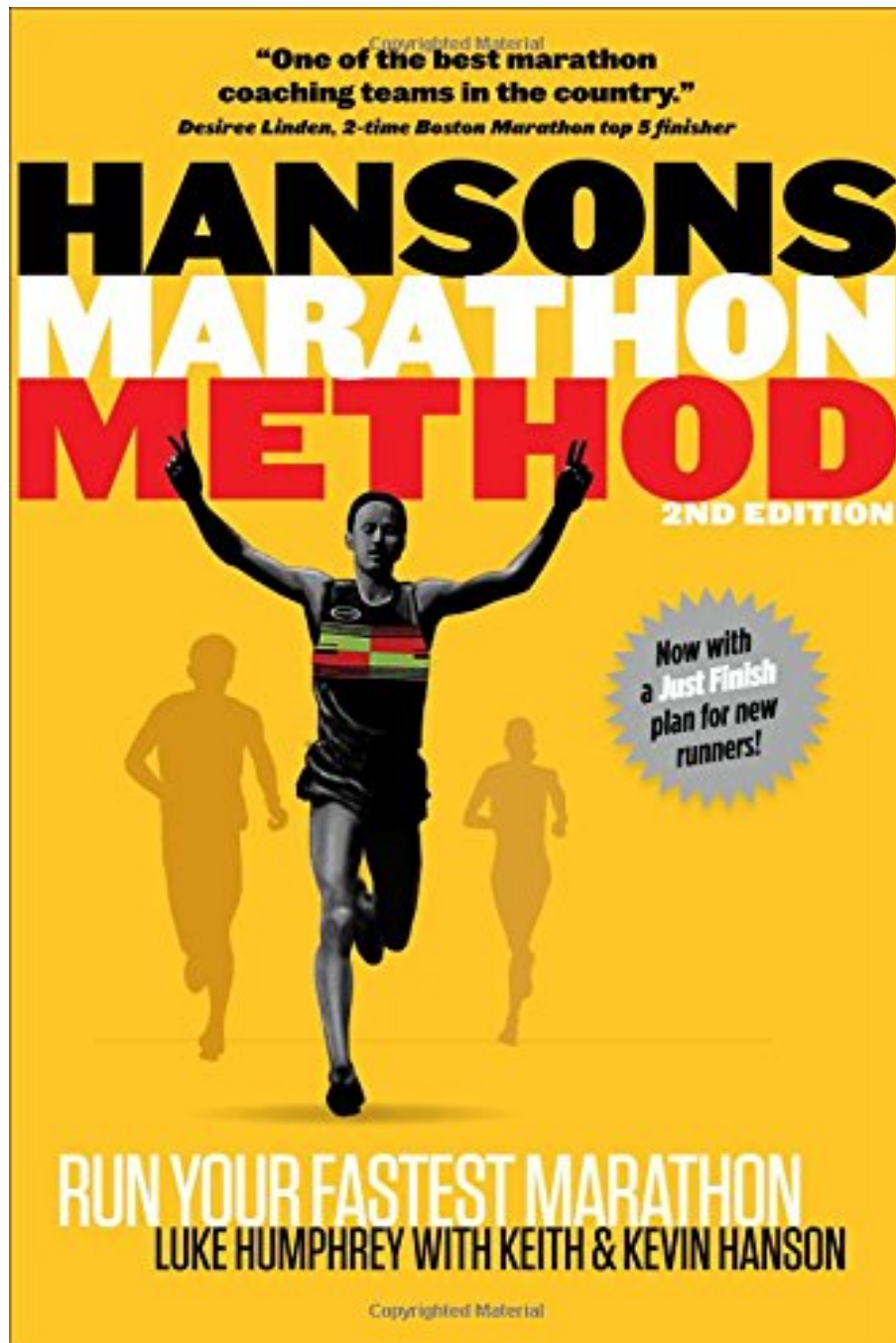


# HANSONS MARATHON METHOD: RUN YOUR FASTEST MARATHON THE HANSONS WAY BY LUKE HUMPHREY



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## **Review**

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“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

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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.

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## Most helpful customer reviews

0 of 0 people found the following review helpful.

Marathon PR achieved - worth a try but it is quite a commitment

By Danilo S. Torres Jr.

Having run regularly for over 6 years, I have had the opportunity to compete in 10 marathons and tried a number of marathon plans. During this time I've tried the free 18-week plans available on the internet; run less, run faster; and I have even worked with a live coach. Up until yesterday, the only plan that helped me to

achieve the most success was the one led by the live coach but after going back to him for my next marathon, I definitely found that there were limitations to how much he could help me.

Now, I have to give the Hanson's Marathon Method it's due. Yesterday, the beginner's plan helped me to achieve an all-time marathon PR by nearly 8 minutes (sub-4 hours - finally!) at the recent Chicago Marathon. I had my doubts at first but the formula is pretty straight forward - run a ton (for me it was about 850 miles logged over a 20-week period). It gets a little more complicated than that, but that's the gist.

I recommend this plan to anyone who is looking for an effective way to get better at marathon running. It covers all aspects of training and preparing for the marathon, so if anything, it is a great reference. Personally, I look forward to tackling the advanced plan (the plan calls for nearly 10-25% more mileage than the beginners plan) for my next fall marathon. As with any endeavor, the amount you put in is equal to what you get out of it. I probably followed 90% of the beginner plan to the "t" but life got in the way in the last two weeks before the Marathon and I think that may have negatively affected my results - I think I could have run significantly faster.

0 of 0 people found the following review helpful.

This Plan Works

By Marissa D

I'm an experienced marathoner (14 previously) who was looking for a structured training plan to follow for the first time. With this plan, my PR went from 4:20 in March (Atlanta) to 3:51 in October (Chicago).

The plan itself is definitely a time commitment--you should be able to schedule in runs 6 days a week. At the same time, it's flexible--moving the workouts/rest day around during the week is possible with a little planning, and missing a day here and there isn't the end of the world. I liked the speed and strength workouts in addition to the tempo and long runs which provide a nice change of pace (pun a little intended), and I could definitely feel the benefits of these workouts on race day. I think the biggest strength of this program is the mental training that comes with the physical training. Each mile seems shorter when you're out there almost every day, and once you've made it through tough training workouts, you know you can make it through the few hours on race day.

I didn't use every part of this book, but it is comprehensive. When I wanted more information on a workout, it was there. There is also plenty of information beyond the plan such as warm-ups, stretching, race planning, diet, shoes, and much more.

I would definitely recommend this book for anyone who is willing to put in the time and hard work for their marathon goals.

3 of 4 people found the following review helpful.

I am a pretty experienced runner with a lot of 5K and 10K ...

By Duane Clarence Howard

I am a pretty experienced runner with a lot of 5K and 10K races under my belt. However, before picking up this training program, I had only run one marathon a few years ago in a time of 3:17. For some time now, I've been interested in taking my marathon time to the next level and possibly qualifying for Boston. I heard a lot about the Hanson Method from fellow runners who all had great results using this program so I decided to give it a try.

I followed the advanced program religiously for the full 18 weeks. It was very intense and tiring (being tired all the time is an important part of the Hanson Method). The intensity of the program is defiantly not for everyone. The advanced program requires you to run 6 days a week and averages between 45-55 miles per

week but its worth the effort. I was able to cut my marathon PR from 3:17 to 3:03 and qualify for Boston! Overall I would recommend this program for anyone that wants to improve their marathon performance and learn the science and methodology of marathon training. There are some downsides to this program though that I think should be considered:

1) This program is definitely a time commitment. You will basically all you will be doing for 18 weeks is running. Your will have to schedule everyting around running. It is very intense. Be aware of this.

2) The program is very rigorous and precise. This is good for a disciplined systematic training approach but its also very unforgiving of downtime because of injury or even if you have a bad day and don't quite hit your pace target for that run. I had a few days when I couldn't quite hit my pace or distance target an I believe that had an effect on my overall performance at the marathon. And this leads me to 3...

3) A big part of this pgroam is the fact that the long runs max out at 16 miles. In fact, the program is famous for this apparently unorthodox approach. The book contains a lot of information about the logic behind the 16 mile long runs so I won't get into that here. However, because the long runs are only 16 miles, the program assumes that the runner does everything in the program exactly as described. If you have a bad day and don't hit your pace or distance goal it will affect your overall performance quite a bit. Also, I found that during the marathon, my body defiantly felt tired after the 16th mile and my splits were consistent until mile 16.

Overall this is an excellent training program especially if you are not that experienced with marathon training and want to learn what marathon training is all about. However, there are some downsides and maybe after following the program religiously the first time, it may be appropriate to make modifications for subsequent marathons.

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