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To Your Fastest

Luke Humphrey

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Method offers a radical
overhaul of marathon
training that promises
to turn any runner into
a true marathoner and
help experienced
marathoners set new
personal bests. Hans In
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Method , the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their runners into race winners, national champions, and Olympians.

Hansons Marathon Method: A Renegade Path to Your Fastest

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Hansons Marathon Method offers a radical overhaul of marathon

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training that promises to turn any runner into a true marathoner and help experienced marathoners set new personal bests.

Hansons Marathon Method does away with mega-long runs and high-mileage weekends—two outdated traditions that make most runners miserable.

Instead, runners using the Hansons method will gradually build up

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to the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout ...

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Hansons Marathon Method offers a radical overhaul of marathon training that promises to turn any runner into a true marathoner and

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Method: A Renegade

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Distance Project reveal

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marathon? Ellen Moss.

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marked my second
time signing up for, but
not doing the New York
City Marathon. The first
time was in 2012,
when no one who
signed up for the race
did it because of
Hurricane Sandy. I
signed up for the race
again this year for the

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sole reason that ...

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...

Here I was given a copy of the book, The Hansons Marathon Method: A Renegade Path to Your Fastest Marathon, and had a chance to meet the author Luke Humphrey. Humphrey is an exercise physiologist and has also utilized

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Method includes both a

beginner plan and an

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Luke Humphrey

advanced plan, and I would warn those of you who are not used to running 6-7 days per week to consider the beginner plan, even if you have run one or more marathons in the past. The effects of cumulative fatigue are not to be underestimated.

Gear Review:
Hansons Marathon Method: A Renegade Path to ...

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codifies the team's

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unconventional,
science-based thinking
on how to get the best
possible performance
out of every runner.

The plan begins with
the end in mind,
preparing a runner's
mind and body for the
whole race, not just the
easier early miles.

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Method: A ...

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

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runners. Runners using the Hansons method will gradually build up to the moderate-high mileage required for marathon success,

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FASTEST MARATHON.
Luke Humphrey is
head coach of Hansons
Coaching Services and
a runner with the

Hansons-Brooks

Distance Project.

Keith & Evin Hanson are

elite running coaches

and founders of the

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Featuring precisely paced speed work and shorter, harder runs that remold a runner's muscles for long-lasting endurance, the Hansons method develops runners who won't just finish their marathon, but will master the race, feeling strong at every mile.

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science-based thinking on how to get the best possible performance out of every runner.

The plan begins with the end in mind, preparing a runner's mind and body for the whole race, not just the easier early miles.

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Marathon. Thanks

everyone who helped

and gave me some

slack when the

deadlines were tight!

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