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Hansons Marathon Method: A Renegade Path to Your Fastest Marathon Paperback – October 1, 2012 by Luke Humphrey (Author)

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Hansons Marathon Method: A Renegade Path to Your Fastest Marathon. Hansons Marathon Method lays out the smartest marathon training program available from one of the most accomplished running groups in the nation. Using this 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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When it was all said and done, the Hansons method made me face my irrational fear of running sustained mileage at a consistent, mildly uncomfortable pace, and it left me precision dialed in to marathon goal pace, so much so that it was difficult for me to even imagine running a workout at any other pace, possibly ever again.

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Críticas. 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.

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LUKE HUMPHREY WITH KEITH & KEVIN HANSON HUMPHREY SPORTS / RUNNING \$18.95 A RENEGADE PATH TO YOUR FASTEST MARATHON Luke Humphrey is head coach of Hansons Coaching Services and a runner with the Hansons-Brooks Distance Project. Keith & Kevin Hanson are elite running coaches and founders of the Hansons-Brooks Distance Project.

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