



Hansons Half-Marathon Method: Run Your Best Half-Marathon the Hansons Way

By Luke Humphrey

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Hansons Half-Marathon Method: Run Your Best Half-Marathon the Hansons Way By Luke Humphrey

Committed runners from all over the world have set new PRs with the Hansons training program--the same approach that has turned Hansons-Brooks Distance Project runners into champions. Now in *Hansons Half-Marathon Method*, the Hansons-Brooks team shares its unique, winning approach to the popular half-marathon distance. With half-marathon training programs for intermediate and advanced runners, as well as a welcoming Just Finish Program for newer runners, *Hansons Half-Marathon Method* prepares all athletes for their best performance.

Hansons athlete and coach Luke Humphrey explores the differences between the Hansons method and other training programs and then shows runners how to make the Hansons half-marathon training program their own. He guides runners through choosing the right training plan and offers a practical guide to setting race finish time goals. Humphrey reveals the Hansons approach to precise half-marathon pacing, showing runners how to find their most effective paces for the Hansons SOS ("something of substance" •) workouts--speed, strength, tempo, long, and easy runs. He coaches runners on how to modify the plans to work around busy schedules and missed workouts. He answers frequently asked questions on switching workout days, managing fatigue, incorporating races into training, and adding mileage.

Runners will benefit from the Hansons' advice on finding the best shoes for distance running and their veteran tips on avoiding common stumbling blocks during race week, at the expo, at the start line, and after the race. The Hansons science-based approach to half-marathon pacing, nutrition, and hydration will ensure that runners cross the finish line feeling strong.

Hansons Half-Marathon Method lays out the most effective way to train for a half-marathon, developed by one of the most accomplished running groups in the nation. Using the Hansons way, runners can forge a breakthrough half-marathon performance.

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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*

"Whether you're a first-time half-marathoner or want to improve your PR, this book is worth a read." • -- *Competitor magazine*

"Hansons Half-Marathon Method lays out an approach that can work for anyone from a runner who's doing a charity run with the goal of just finishing to a highly competitive runner trying to PR." • -- *The Runivore*

"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 Linden, 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**

About the Author

Luke Humphrey is head coach of Hansons Coaching Services and a member of the Hansons-Brooks Distance Project. Humphrey holds a B.A. in Exercise Science from Central Michigan University, an M.S. 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.

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:

Michelle Curry:

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Lauren Marine:

The book untitled Hansons Half-Marathon Method: Run Your Best Half-Marathon the Hansons Way is the guide that recommended to you to see. You can see the quality of the publication content that will be shown to anyone. The language that creator use to explained their ideas are easily to understand. The article author was did a lot of study when write the book, so the information that they share to you personally is absolutely accurate. You also can get the e-book of Hansons Half-Marathon Method: Run Your Best Half-Marathon the Hansons Way from the publisher to make you a lot more enjoy free time.

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