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"The Hansons Marathon Method" 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. Featuring precisely paced speed work and shorter, harder runs that remold a runner's muscles for long-lasting ...

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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 help experienced marathoners set new personal bests. Hans In Hansons Marathon 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.

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Hansons Marathon Method does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable.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

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marathon? Ellen Moss .1 0 0. This November 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 sole reason that I had guaranteed entry as a result of the 2012 ...

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In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal the methods they've used to turn their

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runners into race winners, national champions, and Olympians. Hansons Marathon 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. Hansons Marathon Method does away with mega-long runs and high-mileage weekends--two outdated traditions that make most runners miserable.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 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 miles of the marathon. Both Beginner and Advanced training programs feature the unique Hansons 16-mile long run which, as part of the Hansons program, is ideal for



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preparing the body for the marathon. Humphrey explains how runners should set their goal race pace and shows how to customize the Hansons method to their own needs, like adding extra racing, running more miles, and handling training interruptions. Detailed nutrition and hydration chapters help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. The Hansons approach to pacing and nutrition means marathoners will never hit the wall. 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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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

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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

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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

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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 training plans for intermediate and advanced racers, as well as a welcoming Just Finish Program for newer runners, Hansons Half-Marathon Method prepares all athletes for their best performance. Using this smart and science-based half-marathon training program, runners will power up with precisely paced workouts that develop speed, strength, and stamina. Runners will finish strong using the Hansons approach to marathon hydration, nutrition, and pacing. Hansons Half-Marathon Method lays out the most effective way to train for a half-marathon, developed by one of the most

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accomplished running groups in the nation. Using the Hansons way, runners can forge a breakthrough half-marathon performance.

Presents a half-marathon training program that offers plans for both beginner and advanced runners, stressing lower-mileage runs; speed, strength, and tempo workouts; and nutrition and hydration planning.

With the right training, anyone can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll

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feel strong and confident of a race experience you'll be proud of.

The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to

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prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: · Finding your foot type and a good shoe for marathon training · The types of workouts and how (and why) to do them · Choosing your race wisely · Training around travel, illness, and navigating injuries · How to stretch and strength train for marathon · Ways to recover from daily runs and after your race · Science-based nutrition and hydration guidelines for workouts and race day · What to do differently during the crucial final 6 weeks before your race · How to get to the start line feeling confident, stress-free, and ready · Setting an ideal marathon race strategy that puts you in control

Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose Hansons First Marathon to start your marathon adventure and you'll set



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Over 20 million Americans run recreationally, but doing it right is more than a matter of buying an expensive pair of shoes and heading for the track. Building on the popularity of *The Beginning Runner's Handbook*, this practical, easy-to-use guide provides a step-by-step program for running a half or full marathon for the first time. It shows readers how to get motivated and set realistic goals, choose the proper shoes, eat right, build strength and endurance, and avoid sore muscles and injury. The book includes tips from elite runners on such subjects as staying motivated when the weather is extreme, running technique, running with a dog, and running partners. Finally, the book describes strategies for the race, what to expect on race day, and the psychological effects of finishing a half

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or full marathon. Most importantly, it includes a full training program designed to ensure that that crucial first race is a winner.

DIVGet Ready to Run! A complete guide to training for a half or full marathon in sixteen weeks, this book follows the format of Tom's previous book The 12-Week Triathlete with simply the best advice on how to run your fastest race while staying injury-free. Whether you are a first-time marathoner, trying to set a new "PR" or looking to qualify for Boston, this book is for you. "TRAIN LESS AND RUN YOUR BEST" Some worry that running a marathon will involve hours upon hours of training each week. Others fear that they will become injured. Some veteran marathoners have followed other training plans and experienced both, but Tom's approach is much different. His philosophy of "train less, run your

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best" will amaze you whether you are running your first marathon or fiftieth. Exercise physiologist and sports performance coach Tom Holland -- an elite endurance athlete himself and sub-3 hour marathoner who has run in more than fifty marathons, three ultramarathons, and a dozen Ironman triathlons around the world will teach you how to properly gear up and train in the sixteen weeks prior to your half or full marathon. So when that starting gun sounds, you'll be equipped with invaluable tips and techniques that will put you in position to run the best race of your life. The Marathon Method provides you with everything you need to know including: Easy-to-understand advice on nutrition, hydration, and gear Customized training plans for beginner, intermediate, and advanced runners Advice on the mental side of running and how to make your mind go that extra mile Strategies to avoid hitting the

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infamous 'wall' Tips on pacing, injury prevention, strength training, flexibility, and much more! /div

From a captivating new voice in romance comes a sexy, intriguing tale set amidst the rugged grandeur of the American frontier. . . When Rachel Douglas left her aunt's house in Virginia for the wilds of the Dakota Territory, she knew the journey would be long and arduous. But she didn't realize that she had been summoned west to be used as a pawn in a ranch war with her father's neighbor--or that her fierce, sudden attraction to Sager, her father's hired gun, would put her heart and her life in jeopardy. Seducing Rachel and feeding a bitter feud between the two ranches was Sager's plan of vengeance against those who slaughtered his Shoshone family. Instead, Rachel's guileless mix of courage and vulnerability touches the

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conscience he thought he'd buried long ago, and draws them both into a passion without rules, without limits--one that will change their destinies forever. . .

The Definitive Owner's Manual to the Male Body--One That's as Fun as It Is Useful! The Better Man Project is the ultimate handbook for any man who wants to live longer and, just as importantly, better. Written by Bill Phillips, editor-in-chief of Men's Health-the world's largest and most respected men's magazine-this 352-page manual is packed with thousands of useful tips and action items to upgrade your diet, fitness, health, relationships, career, and more (as quickly as possible), plus specific do-it-yourself plans to make you the best man you can be. The Better Man Project isn't just a reference guide to life. It's a great read too, with every health and

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fitness tip served with a side of Men's Health's trademark authority and humor. You'll feel stronger and healthier. You'll be stoked about waking up and attacking your day. You'll be more impressed than ever, no matter your age, by the guy staring back at you in the mirror. And, let's just say it: Your wife or girlfriend will probably be 20 to 25 percent more into you. Features include: \* Health and fitness self-tests so you can see how you stack up against other guys your age. \* The 70 powerfoods than all men should be eating \* A decade-by-decade cheat sheet of all the diagnostic tests you should have, and when. \* A troubleshooter's guide to common ailments and quick home remedies. \* Simple workouts that will help you pack on total-body muscle, find your abs, build big arms, or lose your belly fat. \* Special features on protecting your telomeres, reversing diabetes, preventing heart disease, and staving off dementia. \* 35 do-

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it-yourself projects that will make you more interesting, improve your posture, fix your diet, earn you a promotion, fill your wallet, and much more! Flat belly. Strong muscles. Career success. More respect. Greater happiness. Boatloads of fun. Good health for life! The Better Man Project shows you the way. You deserve better. Start today.

192 pages of pearls of parenting wit and wisdom, including shit baby names to avoid, as well as facts, stats, tricks, hacks, quotes, quips and wisecracks all about the most underpaid and underappreciated job in the world: parenthood.

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