



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

*Humphrey Luke*

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

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