



Hansons First Marathon: Step Up to 26.2 the Hansons Way _offers a smart, friendly guide to preparing for a first marathon.

The coaches of America's top running team, the Hansons-Brooks Distance Project, break down the marathon's daunting 26.2 miles into achievable daily workouts for runners of any ability and experience level. _Hansons First Marathon_ is available now in bookstores, running shops, and online. See more at velopress.com/hansons [1].

Hansons First Marathon has a marathon training program for everyone—from new runners to short-distance competitors looking to step up to the marathon distance for the first time. Four detailed and specific plans meet individuals where they are with a plan targeted just for them, so that they can cross the finish line feeling strong and in control.

Hansons First Marathon covers everything runners need to know, including:

- * What type of runner you are and which plan you will need
- * The types of workouts and how (and why) to do them
- * Stretching, strength training, nutrition, hydration, and recovery
- * How to navigate the crucial final 6 weeks before your race
- * Setting an ideal marathon race strategy that puts you in control

Marathons are an exciting, rewarding challenge for runners of all

abilities, and the process is as important as the finish. Hansons First Marathon will set any first-time marathoner up for success.

HANSONS FIRST MARATHON: STEP UP TO 26.2 THE HANSONS WAY

Luke Humphrey with Keith & Kevin Hanson

Paperback with illustrations, charts, and tables throughout.

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LUKE HUMPHREY [2] IS HEAD COACH OF HANSONS COACHING SERVICES AND A MEMBER OF THE HANSONS-BROOKS DISTANCE PROJECT. For nearly a decade, Humphrey has personally coached hundreds of runners to meet their goals. Humphrey is also a professional distance runner who has qualified three times for the U.S. Olympic Trials and podiumed in major U.S. running races from 10K to marathon. 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.

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