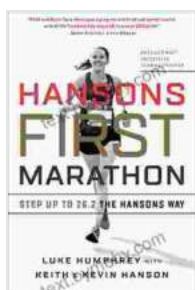


Step Up To 26 The Hansons Way: Your Guide to Marathon Success

Are you ready to embark on the extraordinary journey of running a marathon? Look no further than "Step Up To 26 The Hansons Way," the definitive guide to marathon success from world-renowned running coaches Keith and Kevin Hanson.



Hansons First Marathon: Step Up to 26.2 the Hansons Way by Lutz Hanseroth

★★★★☆ 4.7 out of 5

Language : English
File size : 24439 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 283 pages



With over 40 years of experience guiding runners of all levels to the finish line, the Hansons have developed a proven and comprehensive approach to marathon training that will empower you to achieve your running goals.

The Hansons Method: A Blueprint for Success

The Hansons Method is not just a training program; it's a philosophy that focuses on building a strong aerobic base, emphasizing consistent running, and incorporating strength training to prevent injuries.

- **Aerobic Base:** Develop a solid foundation by gradually increasing your running distance and frequency.
- **Consistent Running:** Train consistently, even when you don't feel like it, to build endurance and mental toughness.
- **Strength Training:** Strengthen key muscle groups to improve running form, reduce risk of injury, and enhance performance.

A Personalized Training Plan for Every Runner

The Hansons believe that every runner is unique, which is why "Step Up To 26" provides personalized training plans tailored to your fitness level and goals.

Choose from three distinct plans: Beginner, Intermediate, and Advanced. Each plan includes detailed weekly schedules, specific workouts, and recovery recommendations. Whether you're a first-time marathoner or an experienced runner, you'll find a plan that will challenge you and help you succeed.

Expert Guidance Throughout Your Journey

Throughout the book, Keith and Kevin Hanson provide invaluable insights, tips, and encouragement to keep you motivated and focused.

- **Nutritional Advice:** Learn how to fuel your body for optimal performance and recovery.
- **Injury Prevention Strategies:** Discover effective techniques to prevent common running injuries.
- **Race Day Tips:** Get expert advice on everything from pre-race preparation to race day execution.

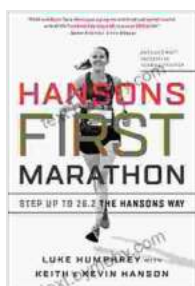
Overcoming Challenges and Achieving Your Dreams

"Step Up To 26" not only provides a training plan but also equips you with the mental tools to overcome the inevitable challenges that arise during marathon training.

- **Dealing with Doubt and Negativity:** Learn how to silence your inner critic and stay positive.
- **Motivation and Discipline:** Discover strategies to stay motivated and disciplined when the going gets tough.
- **Race Day Confidence:** Develop the confidence to perform at your best on race day.

With its comprehensive training plans, expert guidance, and inspiring stories, "Step Up To 26 The Hansons Way" is the ultimate resource for anyone aspiring to run a marathon. Whether you're a seasoned runner or just starting your journey, this book will provide you with the knowledge, motivation, and support you need to achieve your marathon dreams.

Embrace the Hansons Way and take your running to the next level. Free Download your copy of "Step Up To 26 The Hansons Way" today and embark on the most fulfilling and transformative running experience of your life.



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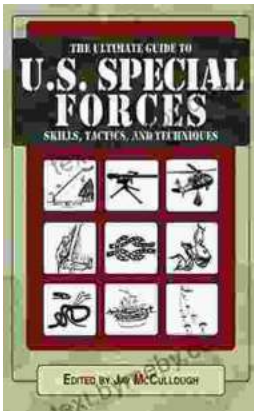
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