

# Hanson Marathon Training Plan

Wk	Miles	MON	TUE	WED	THU	FRI	SAT	SUN
1, 10/22	43	Easy, 6 miles	4 x 800m (on hill)	Kettlebell, Yoga	Tempo, 6 miles @ marathon pace	Easy, 7 miles	Easy, 6 miles	Long Run, 12 miles
2, 10/29	47	Easy, 6 miles	4 x 1200, 400 recovery (4:30/1200)	Kettlebell, Yoga	Tempo, 7 miles @ marathon pace	Easy, 6 miles	Easy, 10 miles & Kettlebell	Easy, 8 miles & Yoga
3, 11/5	54	Easy, 6 miles	Ladder, 400-800-1200-1600-1200-800-400, 400 recovery	Kettlebell, Yoga	Tempo, 7 miles @ marathon pace	Easy, 7 miles	Easy, 8 miles & Kettlebell	Long Run, 14 miles & Yoga
4, 11/12	49	Easy, 6 miles	3 x 1600, 600 recovery (6:10/1600)	Kettlebell, Yoga	Tempo, 7 miles @ marathon pace	Easy, 6 miles	Easy, 10 miles & Kettlebell	Easy, 10 miles & Yoga
5, 11/19	57	Easy, 8 miles	6 x 800, 400 recovery (3:05/800)	Kettlebell, Yoga	Tempo, 8 miles @ marathon pace	Easy, 7 miles	Easy, 8 miles & Kettlebell	Long Run, 15 miles & Yoga
6, 11/26	50	Easy, 6 miles	3 x 1600, 600 recovery (6:10/1600)	Kettlebell, Yoga	Tempo, 8 miles @ marathon pace	Easy, 6 miles	Easy, 10 miles & Kettlebell	Easy, 10 miles & Yoga
7, 12/3	61	Easy, 8 miles	6 x 1 mile, 400 recovery	Kettlebell, Yoga	Tempo, 8 miles @ marathon pace	Easy, 7 miles	Easy, 8 miles & Kettlebell	Long Run, 16 miles & Yoga
8, 12/10	55	Easy, 6 miles	4 x 1.5 miles, 800 recovery	Kettlebell, Yoga	Easy, 9 miles	Easy, 6 miles	Easy, 10 miles & Yoga	South Bay 10K (Bonita, CA) + 4 miles easy & Yoga
9, 12/17	62	Easy, 8 miles	3 x 2 miles, 800 recovery	Kettlebell, Yoga	Tempo, 9 miles @ marathon pace	Easy, 7 miles	Easy, 8 miles & Kettlebell	Long Run, 16 miles & Yoga
10, 12/24	55	Easy, 6 miles	2 x 3 miles, 1 mile recovery	Kettlebell, Yoga	Tempo, 9 miles @ marathon pace	Easy, 6 miles	Easy, 10 miles & Kettlebell	Easy, 10 miles & Yoga
11, 12/31	63	Easy, 8 miles	3 x 2 miles, 800 recovery	Kettlebell, Yoga	Tempo, 10 miles @ marathon pace	Easy, 7 miles	Easy, 8 miles & Kettlebell	Long Run, 16 miles & Yoga
12, 1/7	56	Easy, 6 miles	4 x 1.5 miles, 800 recovery	Kettlebell, Yoga	Tempo, 10 miles @ marathon pace	Easy, 6 miles	Easy, 10 miles & Kettlebell	Easy, 10 miles & Yoga
13, 1/14	55	Easy, 8 miles	6 x 1 mile, 400 recovery	Kettlebell, Yoga	Tempo, 10 miles @ marathon pace	Easy, 7 miles	Easy, 8 miles & Kettlebell	Easy, 8 miles & Yoga
13, 1/21	52	Easy, 6 miles	Easy, 5 miles	Yoga	Easy, 6 miles	Easy, 6 miles	Easy, 3 miles, Yoga	Carlsbad Marathon - Goal sub-3:15

Completed
Easy (8:10 - 9:25/mile pace)
Speed Intervals
Strength (7:00 - 7:05/mile pace)
Tempo (MP - 7:15/mile)
Long Run (7:50 - 8:00/mile pace)
Taper Period (@ easy pace)
Races

Note: Speed, Strength and Tempo Workouts will include a 1 mile warm-up and cool-down.

**Hanson marathon training plan** is a popular training program designed to help runners achieve their best performance in marathons. Developed by the Hanson brothers, this plan is distinct in its approach, focusing on cumulative mileage and speed work rather than traditional long runs. This article will delve into the intricacies of the Hanson marathon training plan, its benefits, key components, and how to effectively implement it into your running routine.

## Overview of the Hanson Marathon Training Plan

The Hanson marathon training plan is structured around several fundamental principles that aim to prepare runners physically and mentally for race day. Unlike conventional marathon training programs, which often emphasize long runs on weekends, the Hanson method incorporates a series of shorter, more frequent runs throughout the week.

## Key Principles of the Hanson Marathon Training Plan

1. **Cumulative Mileage:** The plan prioritizes a higher overall weekly mileage rather than a few long-distance runs. This gradual increase in mileage builds endurance and stamina over time.
2. **Speed Work:** Incorporating speed sessions and tempo runs is essential to improve your pace and overall running efficiency. These workouts help build the necessary speed to tackle the marathon distance.
3. **No Single Long Run:** Instead of a traditional long run, the plan includes multiple runs throughout the week that collectively prepare the body for the marathon distance.
4. **Recovery:** The Hanson plan emphasizes the importance of recovery days to allow muscles to repair and grow stronger, ultimately leading to improved performance.

## Components of the Hanson Marathon Training Plan

To effectively follow the Hanson marathon training plan, it is essential to understand its key components and how they fit together. The plan typically spans 18 weeks and consists of the following elements:

### Weekly Structure

The typical week in the Hanson marathon training plan consists of the following:

- Monday: Easy run (3-6 miles)

- Tuesday: Speed work or intervals (4-6 miles)
- Wednesday: Easy run (3-6 miles)
- Thursday: Tempo run (5-8 miles)
- Friday: Rest or cross-training
- Saturday: Long run (10-16 miles)
- Sunday: Recovery run (3-5 miles)

## **Long Runs**

While the Hanson plan does not emphasize a single long run, it includes several longer runs throughout the training cycle, progressively increasing in distance. The longest run in this plan typically maxes out at 16 miles. This approach helps to reduce the risk of injury and allows runners to recover more effectively.

## **Speed Work**

Speed work is a crucial part of the Hanson marathon training plan. Incorporating intervals, hill repeats, and tempo runs into your weekly regimen helps improve running economy and speed. Examples of speed workouts include:

- 400-meter repeats: Running 400 meters at a fast pace, followed by rest intervals.
- Hill repeats: Sprinting up a hill and jogging or walking down for recovery.
- Tempo runs: Sustaining a comfortably hard pace for a designated distance, usually between 5 to 8 miles.

## **Benefits of the Hanson Marathon Training Plan**

There are numerous advantages to adopting the Hanson marathon training plan, making it an appealing choice for runners of all levels.

### **Improved Endurance**

By focusing on cumulative mileage, the Hanson plan helps to build endurance over time. This gradual approach prepares the body for the physical demands of running a marathon without the excessive stress that can lead to injury.

### **Injury Prevention**

One of the significant benefits of the Hanson marathon training plan is its emphasis on shorter long runs and consistent mileage, which can help reduce the risk of injury. This method allows runners to avoid overtraining and fatigue that often accompany traditional

training plans.

## **Enhanced Speed and Performance**

The incorporation of speed work and tempo runs into the training regimen helps improve overall running speed. As runners develop their pace, they may find themselves performing better on race day and achieving personal bests.

## **Flexibility in Training**

The Hanson marathon training plan allows for flexibility with its varied weekly structure. Runners can adapt the plan according to their schedules, making it easier to maintain consistency in their training.

## **How to Implement the Hanson Marathon Training Plan**

Successfully implementing the Hanson marathon training plan requires careful preparation and commitment. Here are some steps to help you get started:

### **1. Assess Your Current Fitness Level**

Before beginning the plan, evaluate your current fitness level and running experience. This assessment will help you determine if the Hanson plan is suitable for you and how to modify it if necessary.

### **2. Choose the Right Plan**

The Hanson marathon training plan comes in different variations, typically distinguished by the target finish time. Select a plan that aligns with your goals and current abilities.

### **3. Invest in Proper Gear**

Having the right running shoes and gear is crucial for a successful training cycle. Consider visiting a specialty running store to ensure you have the appropriate footwear to support your training.

## **4. Stay Consistent**

Consistency is key when following the Hanson marathon training plan. Adhere to the scheduled workouts, and prioritize your training sessions as much as possible.

## **5. Listen to Your Body**

Pay attention to how your body responds to training. If you experience pain or discomfort, don't hesitate to take a rest day or adjust your workouts to avoid injury.

## **Conclusion**

The Hanson marathon training plan serves as an effective training method for runners looking to optimize their performance in marathons. By focusing on cumulative mileage, speed work, and recovery, this plan helps runners build endurance, improve speed, and prevent injuries. By understanding the key components and implementing the plan effectively, you'll be well on your way to achieving your marathon goals. Whether you're a seasoned runner or a novice preparing for your first marathon, the Hanson plan can provide the structure and support you need to succeed on race day.

## **Frequently Asked Questions**

### **What is the Hanson Marathon Training Plan?**

The Hanson Marathon Training Plan is a popular training program developed by coaches Keith and Kevin Hanson, designed to prepare runners for a marathon with a focus on higher mileage and less long-distance training.

### **How long is the typical duration of the Hanson Marathon Training Plan?**

The typical duration of the Hanson Marathon Training Plan is 18 weeks, allowing runners adequate time to build endurance and speed.

### **What are the key principles of the Hanson Marathon Training Plan?**

The key principles include running five days a week, incorporating speed work, tempo runs, and long runs, and using a cumulative fatigue approach to prepare for race day.

### **Is the Hanson Marathon Training Plan suitable for**

## **beginners?**

While the Hanson Marathon Training Plan is primarily designed for intermediate to advanced runners, beginners can adapt it by scaling back mileage and intensity, but should ideally have a solid running base.

## **What is the weekly mileage structure in the Hanson Marathon Training Plan?**

The weekly mileage typically ranges from 40 to 70 miles, depending on the specific plan version and the runner's experience level, with a gradual increase in mileage throughout the training cycle.

## **How does the Hanson Marathon Training Plan handle long runs?**

The Hanson Marathon Training Plan features long runs that are shorter than traditional plans, usually capped at 16 miles, focusing on consistent training rather than exhausting long runs.

## **What types of workouts are included in the Hanson Marathon Training Plan?**

The plan includes a variety of workouts such as easy runs, long runs, speed work (intervals), tempo runs, and recovery runs to build endurance and speed.

## **Can the Hanson Marathon Training Plan be modified for different marathon goals?**

Yes, the Hanson Marathon Training Plan can be modified for different marathon goals by adjusting the pace of workouts, increasing or decreasing mileage, and tailoring the intensity to fit the runner's specific objectives.

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