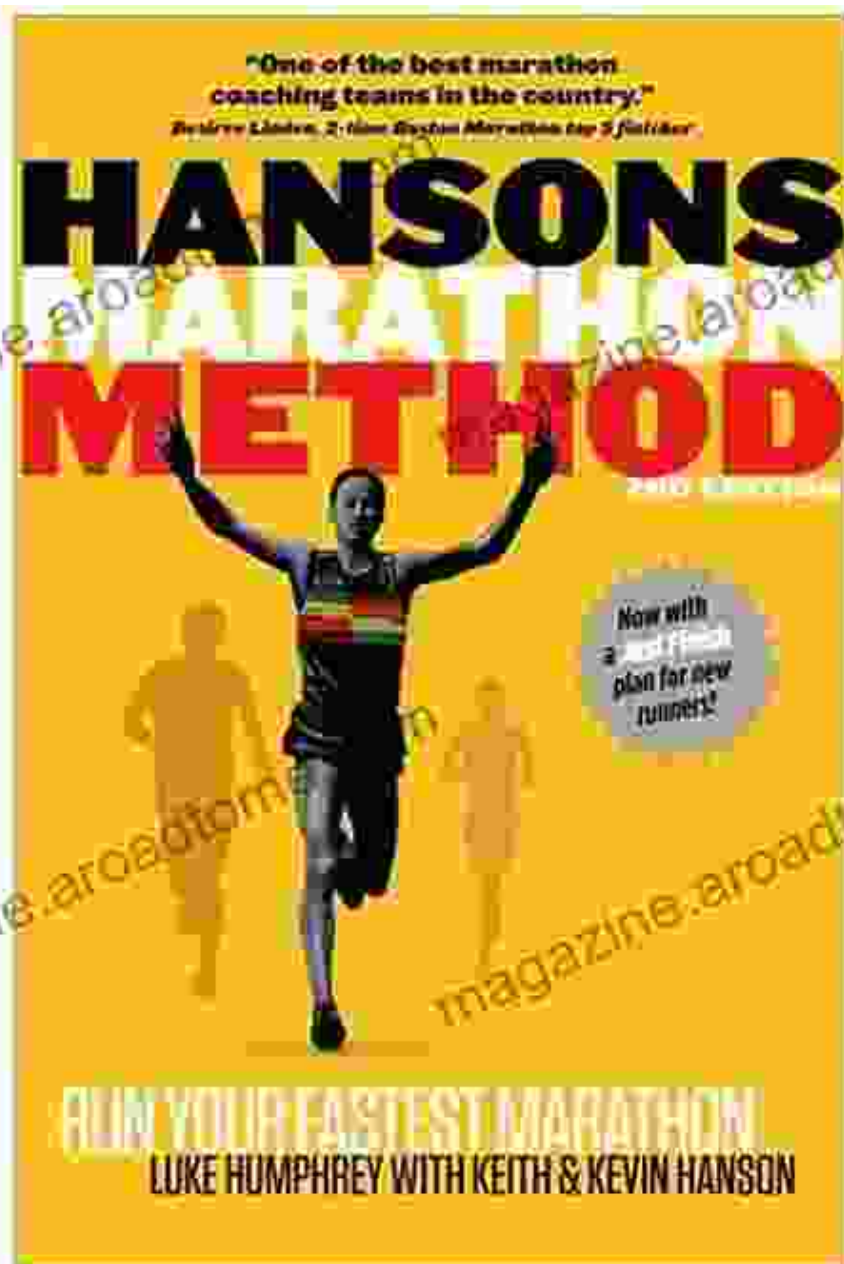
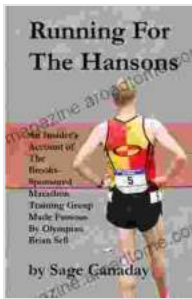


# Running For The Hansons: A Guide to High School and College Cross Country and Track Success



Running For The Hansons is a comprehensive guide to high school and college cross country and track success, written by Keith and Kevin

Hanson, the legendary running coaches who have coached over 500 All-Americans and 23 national champions. The book is packed with invaluable advice on everything from training to nutrition to mental preparation, and it is an essential resource for any runner who wants to reach their full potential.



## Running For The Hansons: An Insider's Account of The Brooks-Sponsored Marathon Training Group Made Famous by Olympian Brian Sell by Siddhartha Mukherjee

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1658 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 323 pages
Lending	: Enabled



### What You'll Learn from Running For The Hansons

- How to develop a training plan that is tailored to your individual needs and goals.
- The importance of nutrition for runners and how to fuel your body for optimal performance.
- How to overcome mental challenges and stay motivated during your training and racing.

li>The keys to success in high school and college cross country and track.

## **Why Running For The Hansons is the Best Book for Runners**

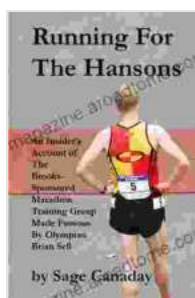
There are many books on the market that offer advice on running, but Running For The Hansons is unique in its comprehensiveness and its focus on the specific needs of high school and college runners. The book is written by two of the most successful running coaches in the country, and it is packed with invaluable advice on every aspect of the sport. Whether you are a novice runner or a seasoned veteran, you will learn something from Running For The Hansons.

## **What Others Are Saying About Running For The Hansons**

"Running For The Hansons is the most comprehensive guide to high school and college cross country and track success that I have ever read. It is packed with invaluable advice from two of the most successful running coaches in the country. I highly recommend this book to any runner who wants to reach their full potential." - **Alberto Salazar, head coach of the Nike Oregon Project**

"Running For The Hansons is a must-read for any runner who wants to take their performance to the next level. The book is full of practical advice and insights from two of the most experienced and successful coaches in the sport. I highly recommend this book to any runner who wants to improve their performance and reach their full potential." - **Shalane Flanagan, Olympic medalist and American record holder in the marathon**

"Running For The Hansons is an essential resource for any runner who wants to reach their full potential. The book is packed with invaluable advice on everything from training to nutrition to mental preparation. I highly recommend this book to any runner who wants to achieve their running goals." - **Kara Goucher, Olympic medalist and American record holder in the 5000 meters**



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