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Renegade

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Marathon Method:  
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Interview: 2012

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~~Week 15 | A Week~~

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10 Best Training

Tips HOW TO RUN

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Prefontaine!

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beginner and  
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unconventional,  
science-based  
thinking on how to  
get the best  
possible  
performance out of  
every runner. The  
plan begins with  
the end in mind,  
preparing a

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help experienced  
marathoners set

new personal  
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outdated traditions

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that make most

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runners miserable.

Instead, runners

Luke Humphrey  
using the Hansons

method will

gradually build up

to the moderate-

high mileage

required for

marathon success,

spreading those

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sensibly

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throughout the

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week. Running

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easy days mixed

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with precisely

paced speed,

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in 2012, when no  
one who signed up  
for the race did it

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