

101 Winter Wins

Motivation, Positivity and Happy Runners





Winter Runners 101 Handbook
- 101 Positive Ideas

**Sending you Positive Vibes
& High Fives during the season of dark
evenings.**

**We hope you make the best use of these
ideas & your time.**

**We've put clickable links in most of the
pages, so this will let you click straight
through.**

best wishes

Tim & Lisa



WHETHER
YOU'RE FAST
OR YOU'RE LAST
YOU ARE STILL
A RUNNER

10 Running Blogs

Great for ideas, short or long articles, browse around and see what interests you?

[Running at Night](#)

[Lessons in Badassery.](#)

[Running 101](#)

[Lockdown Fitness](#)

[John Kynaston Ultra Runner](#)

[Kim Cavill Ultra Runner & Coach](#)

[A Smarter New Year](#)

[Bad Ass Lady Gang](#)

[The Runner Beans](#)

[Runners Life](#)

MY
TIME

MY
DISTANCE

MY
CALORIES

MY
RUN.

MY
SPEED.

10 Running Top Tips

Run to the Hills have a playlist of quick informative clips that can help different aspects of your running

Staying Positive

Flexible Training Plans

Mid Plan Wobble

Support Crews

When is it Right to DNF

Finishing Well

Emotional Finishes

Recovery.

Motivation

Power Hour



10 Running Tracks

These are a musical selection for running, approximately 40 minutes [Click here if you want to download the whole playlist](#). Selected by Lisa Clarke, chia charge co-founder.

The Cult - She Sells Sanctuary

Billie Eilish - Bad Guy

Mumford & Sons - I Will Wait

Avicii - Wake Me Up

Otto Knows - Million Voices

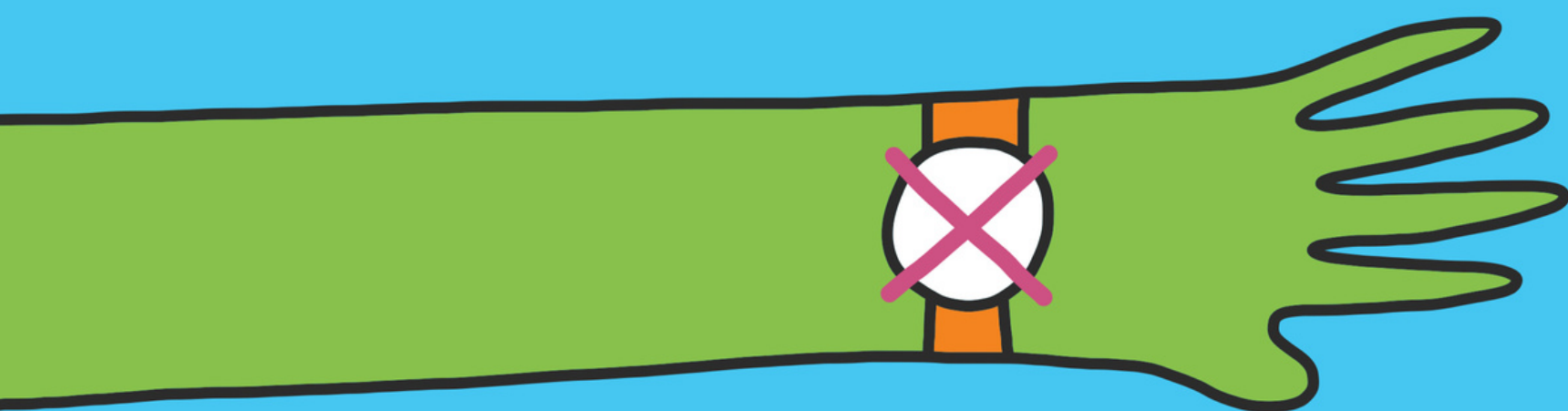
Walk The Moon - Shut Up & Dance

Ocean Colour Scene - Hundred Mile High City

Sheppard - Keep Me Crazy

Ike & Tina - Nutbush City Limits

Eric Prydz - Generate



IGNORE YOUR WATCH.
I DARE YA.

RUN FUN

Mindfulness

- be kind to yourself

EVOLUTION
YOGA

CHANGE • DEVELOP • EVOLVE



Go for a walk without your phone & notice the sights & sounds around you

Smile at someone or pay them a compliment

List 3 things you are grateful for - however small they seem

Sit and read 5 pages of a book

Listen to your favourite music and notice how it makes you feel

Switch off technology and sit on your own and have a cup of tea/coffee or gin & tonic!

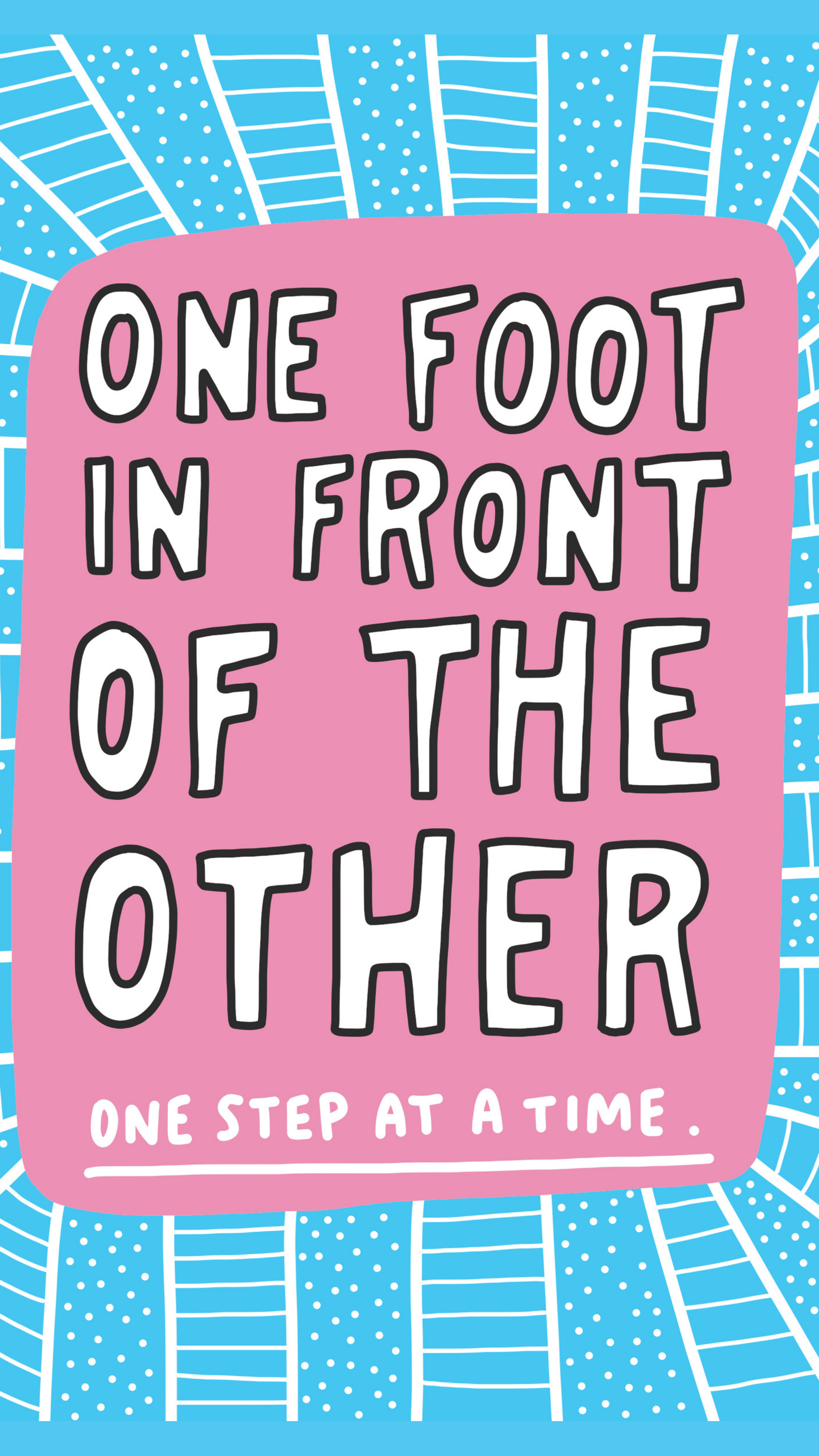
Stretch like you've just woken up - from your fingers to your toes.

Try Yoga

Close your eyes and take 10 deep breaths

Contact someone you've not spoken to for a while

**thanks to Lou Boyle of Evolution Fitness
for these suggestions**



ONE FOOT
IN FRONT
OF THE
OTHER

ONE STEP AT A TIME .

A stylized sun with a white semi-circle top and bottom, a dark blue outline, and short black dashes for rays. The sun is set against a background of horizontal stripes in shades of orange and yellow. A dark blue banner with a white border runs across the center of the sun.

RUN WITH THE SUN

chia
charge

Watch 10 Running Vids

Lisa Clarke (chia charge co-founder) recommends these from Lockdown No. 1. Click the title to play the video, some are YouTube, Vimeo, Amazon and Netflix

Ultra High

Six runners, 137-miles, 17.5K ft of ascent and a 60 hour time cap. This course goes over two of the worlds highest passes. They will fend off pulmonary oedema, hypothermia and fatigue & all will suffer.

Made to be Broken

Karl Meltzer's third and final attempt to break a record and run the Appalachian Trail in a record time, it's 2,190 miles and 14 states. You can't fail to be motivated to get your feet wet and dirty on a trail right afterwards!

Breaking 60

The Hong Kong Four Trails is 298km of unsupported trails in 60 hours & is equivalent to seven marathons back-to-back! No entry fee, no prizes, no medals, no pats on the back. Bad ass.

Finding Traction

Ultra running icon Nikki Kimball's attempt to set the speed record on Vermont's 273-mile Long Trail in August 2012. Triumphs & struggles alike to motivate you to tackle a challenge that you're scared to commit to.

Lorena, Light Footed Woman

From Mexico's Raramuri community a woman who prefers sandals & traditional dresses to trail shoes and skorts. Envy her quiet & unfussy life whilst she competes as an ultra-runner regularly outpacing seriously great competitors!

Unbreakable - The Western States 100, the Western States 100 and a fabulous 4-way battle between Hal Koerner, Geoff Roes, Anton Krupicka & a young Kilian Jornet. Who will come out on top?

Where Dreams Go To Die - Garry Robbins and The Barkley

Marathon

Mmmmm catchy title! Watch Gary Robbins attempt to finish The Barkley Marathons held in Frozen Head State Park not once, but twice! Go with him as he sucks up 5 loops of a 20 mile unmarked 'trail' with a 60 hour time cap for fun.

The Last Woman Standing

More Barkley mayhem! Breast cancer survivor Nicky Spinks attempts to become the first-ever woman to complete The Barkley Marathons. Wow, wow, wow!

Running for Good

With no kneecap Fiona Oakes holds 4 world records in marathon running and takes on the Marathon Des Sables, 250km race through the Sahara Desert.

Dragons Back:

Conquering The Dragon Across the spine of Wales from north to south from Conwy Castle to Carreg Cennen, runners have 5-days to navigate 315km with 15,500m of ascent across wild, trackless, remote and mountainous terrain. Watch the highs & lows of five participants as they set out to conquer 'The Dragon.'

<https://www.youtube.com/watch?v=7XPmQ-U6Lxk>

RUN SLOW.
RUN FAST.
RUN NEAR.
RUN FAR.
RUN EASY.
RUN HARD.
JUST RUN!

10 Running Forums

Folk discussing ideas, kit, races (remember them), everything and anything provokes an opinion!

Run to the Hills

Hardmoors

Bad Boy Running

Running Motivation

Pintrest for Runners

Ultra Running Community

Running Gear Buy & Sell

Lakeland 100 & 50

Fell Runners UK

I was or am a Runner

**I'D RATHER
BE RUNNING.**



Virtual Races

Lots of races have sadly been postponed, but those clever Race Directors have come up with a fine selection of virtual races you can have a go at, here 10 ideas with lots of distances from short to long

Hardmoors 26.2: VIRTUAL Goathland - imagine you are on the expansive beautiful North Yorkshire Moors

The Lakeland Lapland Ultra - trekking to the Arctic Circle in this epic event

Centurion Running One Community - a great community and lots of different distances to choose from

Obstacle Racing - from the clever guys at Obsracle Race Magazine you'll have to read the details to see how it's done 😊

THAMES MEANDER MARATHON - you might live there or you can just imagine the beautiful route by the river

Medal Mad Challenges - so many diverse challenges and you probably get a medal too I suspect

The Inca Trail Challenge - Peru, coffee, amazing sights, no flights, did I mention coffee?

Santa Dash - There has to be a Santa dash of course, this one supports a lovely charity

Pizza Run - possibly my two favourite things combined, it could be messy though

Smile Run - Six miles is long enough and there's plenty of time to do it in

**YOUR TRIED
AND TESTED**

**THE ONE WITH
THAT CAFE YOU'VE
ALWAYS WANTED
TO TRY**

**THE ONE THAT IS A BIT
MUDDIER THAN YOU THOUGHT**

**THE ONE WITH
ALL THE HILLS AND
ALL THE VIEWS**

**THE ONE YOU
TELL YOURSELF
IS A BIT LONGER
THAN YOU CAN DO**

**THE ONE WHERE
YOU ESCAPE THE
HUSTLE + BUSTLE**

**THE ONE WITH
A WILD SWIM**

**WHERE
NEXT?**

**chia
charge**

10 Running Podcasts

At home, work or running podcasts can make a change to your usual playlist, with new ideas they are usually upbeat and interesting.

Marathon Talk - with Martin Yelling (Liz's husband) + the other one, over 500 episodes will take some catching up!

Run to the Hills - Ultra Runners Edwina (Eddie) Sutton and John Kynaston have a laugh and keep up with the UK Ultra & Trail news

Rich Roll Podcast - not just running, but spirituality, wellness and health

Trail Runner Nation - Quite international in flavour keep up with what's going on around the world 😊

The Science of Ultra - not nearly as geeky as it sounds, some great conversations and insight from this US podcast

Tina Muir Running for Real - motivational ideas for runners

Ali on the Run - talking with inspiring people who lead interesting lives on the run and beyond.

The Morning Shakeout - a weekly email newsletter about running written and produced by Mario Fraioli.

The Ultrarunner Podcast - doesn't really need an introduction

The Rambling Runner - about dedicated and motivated amateur runners who are working hard to get better and achieving inspirational results.

10 Running Books

It's pretty impossible to pick just 10 books, from the hundreds available, I hope this small selection gives you some ideas 😊



Selected by

Tim Taylor, Chia Charge founder

RUN LOVE.



Yoga Poses for Runners by



Bound angle - opens up the hips, activates the glutes & helps to improve posture



Runners lunge - opens the front of your hips & hip flexors



Seated twist - Stretches & strengthens spine, shoulders, glutes & leg muscles.



Extended side angle - strengthens & stretches the legs, knees, ankles, spine, chest & shoulders



Plank - improves your core strength which helps reduce back pain long term



Forward fold - stretches out the hamstrings & lower back



Warrior 1 - improves movement in shoulders & hip joints, stretches & strengthens the feet, ankles, calves & thighs



Pigeon pose - Stretches the glutes, groin & hip flexors & can help to alleviate sciatic pain



Wide leg forward fold - stretches your back & legs, opens the hips. Stretches your shoulders, chest and spine



Happy baby - aligns & stretches the spine, the groin, hamstrings, and inner thighs



click for more info



**thanks Lou Boyle,
Evolution Fitness**



We hope you have enjoyed these ideas, please look out for an email from chia charge, and we'll share the weekly podcast, blog and youtube.

Idea 101 is a suggestion for you to share this with your friends who we are sure will have even more great suggestions for you to make the most of Winter Running

best wishes

Tim & Lisa



RUN HAPPY

