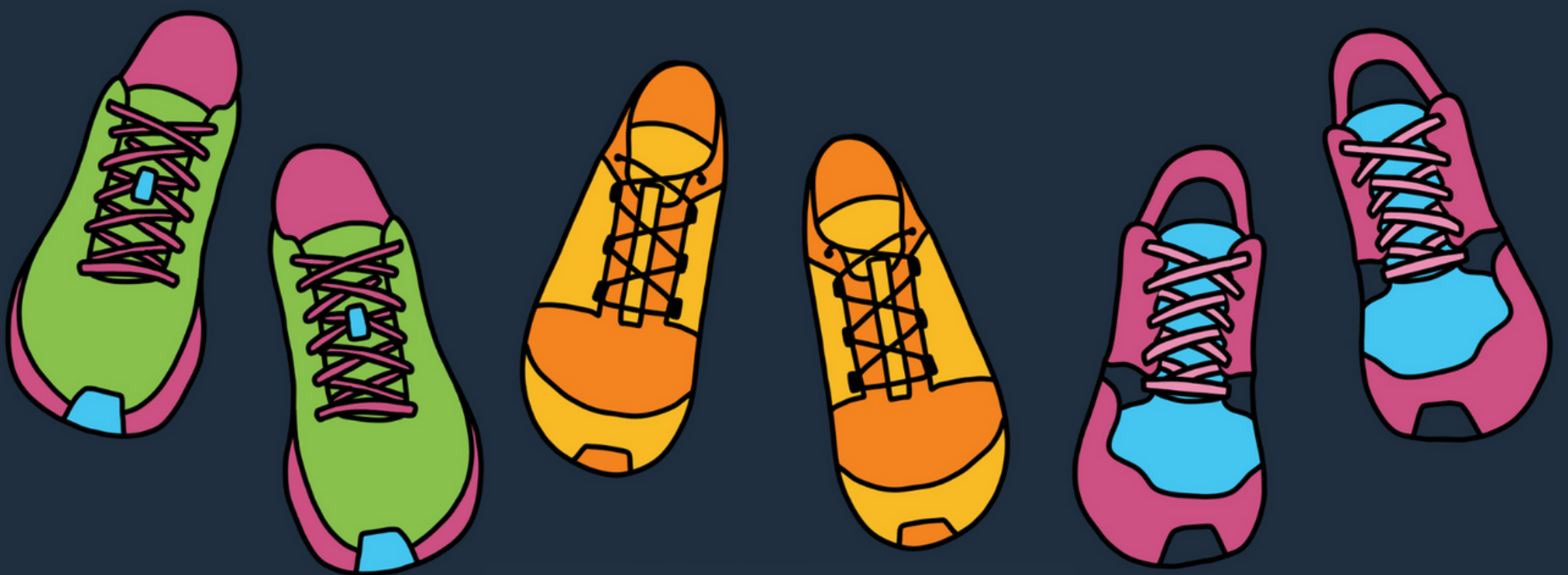


**chia
charge**

**Train for your best ever
10k with the Chia
Charge training plan!**

10K TRAINING PLAN



WELCOME

Congratulations! You're going to run a 10k! Whether you've hardly run before or you just want to push yourself harder this plan is for you.

You'll find three plans, beginner, intermediate and advanced, to get you from wherever you are now to running 10k in just 8 weeks.

**BE
BRAVE**

Keep us updated with your progress by tagging us on social media!



**chia
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Advanced

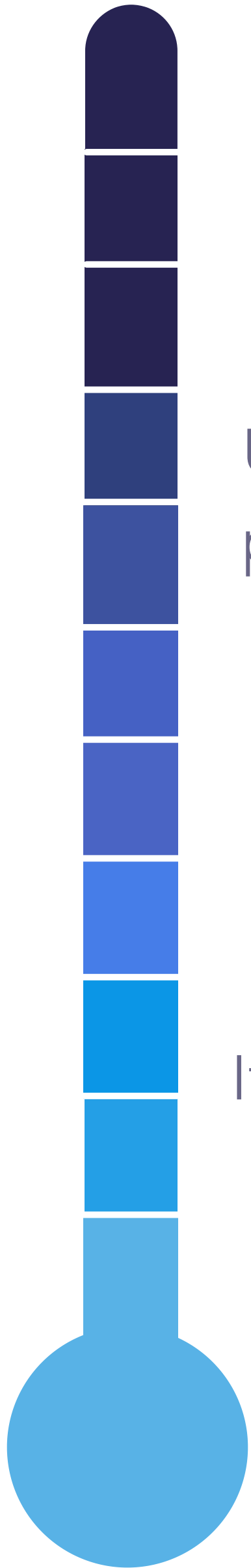
If you are an experienced runner try our advanced plan.
5-6 sessions week.

Intermediate

Use this plan if you have completed a previous 10k and want to improve on your performance.
4-5 sessions a week.

Beginner

If you are new to longer distances but have some running experience then this is the plan for you.
3-4 sessions a week.



USING THE PLAN

Our plan

The three plans are each split into two blocks, making up a total of 8 weeks of training. You'll also find some extra ideas to help you do your best.

If your schedule doesn't fit the plan

Feel free to swap days around to make the plan work for you. Just make sure you give yourself regular rest days.

If you miss a day

Don't worry if life gets in the way, it happens to everyone. Just pick back up where you started and if you need to repeat a session, do it.

USING THE PLAN

Cross training

Regular strength and conditioning exercises, as well as activities such as yoga, swimming or cycling can help prevent injuries, improve fitness and promote recovery.

Slow runs

Take these at an easier pace than you might normally run, you should still be able to fully hold a conversation during a slow run.

Tempo runs

A purposefully fast training run, typically at a pace roughly 25 to 30 seconds per mile slower than your current 5K speed.



Fuel your training

Try our 10 bar sample pack



Weeks 1-4

This is the time to start thinking about what kit you're going to wear on the day and trying it out.

Week	1	2	3	4
Monday	Rest day			
Tuesday	Run 5 mins, walk 3 mins x3	Run 8 mins, walk 2 mins x3	Run 10 mins, walk 2 mins x3	Run 15 mins, walk 3 mins x3
Wednesday	Rest day			
Thursday	Run 6 mins, walk 2 mins x3	Run 8 mins, walk 2 mins x3	Run 25 mins	Run 35 mins
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 20 mins	Run 15 mins, walk 3 mins, run 15 mins	Run 5k	Run 6k

BEGINNER

CHIA BREAKFAST OATS

Ingredients

- 2 tbsps oats
- 2 tbsps chia seeds
- 200ml plant milk
- 1/2 tsp vanilla extract
- 1 tsp agave nectar

Method

1. Add first the dry then the wet ingredients to a jar or bowl
2. Stir well, make sure you get rid of any clumps of chia seeds
3. Leave in the fridge overnight
4. Add toppings such as fresh fruit

Topping ideas

- Cinnamon and banana
- Peanut butter and chocolate chips
- Strawberries and soya protein crispies
- Cherries and flaked almonds

Weeks 5-8

Although you won't need any fuel for a 10k run, make sure you stay hydrated. Remember the important thing on the day is to have fun!

Week	5	6	7	8
Monday	Rest day			
Tuesday	Run 1k, walk 2 mins x7	Run 1k, walk 2 mins x8	Run 1k, walk 2 mins x10	Run 30 mins
Wednesday	Rest day			
Thursday	Run 45 mins	Run 50 mins	Run 60 mins	Run 20 mins
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 7k	Run 8k	Run 10k	Race day!

BEGINNER

Strength training

Doing some strength training can improve balance, increase muscle strength and boost your metabolism, all of which will improve your running performance.

If you don't have access to gym equipment try body weight exercises such as lunges, crunches and squats

To increase the difficulty and build up even more strength, try some weighted exercises.

**CROSS TRAINING
IDEA**

INTERMEDIATE PLAN

Week	1	2	3	4
Monday	Rest day/Cross train			
Tuesday	Run 10 mins, walk 5 mins x3	Run 5 mins, tempo run 3 mins x3	Run 5 mins, tempo run 5 mins x3	Run 6 mins, tempo run 6 mins x3
Wednesday	Rest day			
Thursday	Tempo run 15 mins	Hill work 20 minutes	Tempo run 20 mins	Hill work 30 minutes
Friday	Run 25 mins	Run 35 mins	Run 40 mins	Run 45 mins
Saturday	Rest day			
Sunday	Run 5k	Run 6k	Run 7k	Slow run 10k

Weeks 1-4

Don't forget to start trying out kit for race day!

Workout with Chia Charge

Download the playlist on
Spotify!



INTERMEDIATE PLAN

Week	5	6	7	8
Monday	Rest day/Cross train			
Tuesday	Run 10 mins, tempo run 5 mins x2	Run 2k, tempo run 2k x2	Tempo run 5 mins, walk 2 mins x6	Run 30 mins
Wednesday	Rest day			
Thursday	Tempo run 25 mins	Tempo run 30 mins	Hill work 30 minutes	Tempo run 5 mins, walk 2 x3
Friday	Run 50 mins	Run 55 mins	Run 50 mins	Run 20 mins
Saturday	Rest day			
Sunday	Run 3k, tempo run 3k	Run 8k	Run 10k	Race Day!

Weeks 5-6

Remember to practise the hydration that works best for you, especially in hot weather.

CROSS TRAINING IDEA

Runners of all levels can benefit from adding yoga to their regular cross-training routines.

Hold each pose for 5 deep long breaths. Repeat 2-4 times a week for maximum benefit!

Cat Cow pose – From neutral inhale drop the belly and look towards the skirting board, as you exhale round out the spine and push the shoulders up to the ceiling.



Downward dog – From all fours lift your hips and straighten your legs. Press upper body towards thighs, relax your neck and look through your legs to the wall behind.

Plank pose – from downward dog lower the hips and bring shoulders over your hands, engage your core and squeeze your lower body.



Yoga

chia
charge

Weeks 1-4

Don't forget to start trying out kit for race day!

Week	1	2	3	4
Monday	Rest day/Cross train			
Tuesday	Run 10 mins, walk 5 mins x3	Run 5 mins, tempo run 5 mins x3	Run 5 mins, tempo run 5 mins x4	Run 10 mins, tempo run 10 mins x2
Wednesday	Hill work 20 mins	Tempo run 15 mins	Hill work 25 mins	Tempo run 20 mins
Thursday	Run 25 mins	Run 35 mins	Run 40 mins	Run 50 mins
Friday	Rest day			
Saturday	Run 3k	Run 4k	Run 6k	Run 8k
Sunday	Run 5k	Run 6k	Run 8k	Run 10k

ADVANCED PLAN

"I aim to get to the start area 90 minutes before the race starts. I familiarise myself with things like toilets & start pens. Then I chill out for a bit, before warming up."

- Aly Dixon, Team GB Rio 2016

"Make sure your kit is ready for the morning so there is no last minute panic. Eat foods that you're used to, don't try anything new and go to bed early"

- Mimi Anderson, ultra runner and multiple world record holder

Weeks 5-6

Remember to practise the hydration that works best for you, especially in hot weather.

Week	5	6	7	8
Monday	Rest day/Cross train			
Tuesday	Run 5 mins, tempo run 5 mins x5	Run 20 mins, tempo run 10 mins x2	Tempo run 5 mins, walk 2 mins x10	Run 30 mins
Wednesday	Hill work 30 mins	Tempo run 30 mins	Run 3 mins, tempo run 7 mins x5	Tempo run 15 mins
Thursday	Run 60 mins	Run 75 mins	Run 60 mins	Run 20 mins
Friday	Rest day			
Saturday	Run 10k	Run 8k	Run 6k	Rest
Sunday	Slow run 12k	Run 12k	Run 10k	Race Day!

ADVANCED PLAN

RACE PREPARATION

Do your research

Reduce pre-race stress by finding out key information such as where to collect your number and the route in advance. Arrange where your supporters will watch from.

Get your kit and nutrition right

Race day is not the day to try anything for the first time! Practise running in the kit you intend to race in and make sure you know what works for you as pre-race fuel.

Stay hydrated

Make sure that you drink plenty of water not only during the race but the morning before and in the days leading up to the event. Drink little and often.

Before



Before you run eat some carbohydrates and try some chia seeds which are an excellent source of slow release energy. Our flapjacks contain both!

During



For a 10k you should be fine without any fuel during the actual training/race. However some people might benefit from taking water, especially in hot weather.

After



It is important to refuel after a training session - in particular your body needs to replenish it's protein supplies. Try one of our protein crispy bars which are perfect for this!

NUTRITION

ABOUT CHIA CHARGE

Chia Charge has been fuelling athletes using kitchen cupboard ingredients since 2012.



We believe in doing the right thing as business. In 2016 we joined 1% For The Planet, a charity that asks businesses to give 1% of sales to environmental charities that they believe in.

Real Food, Real Ingredients 

YOU CAN DO IT!

Find more information and advice (and try some of our delicious flapjacks and bars) at chiacharge.co.uk

And don't forget to check out our social media for more inspiration!

