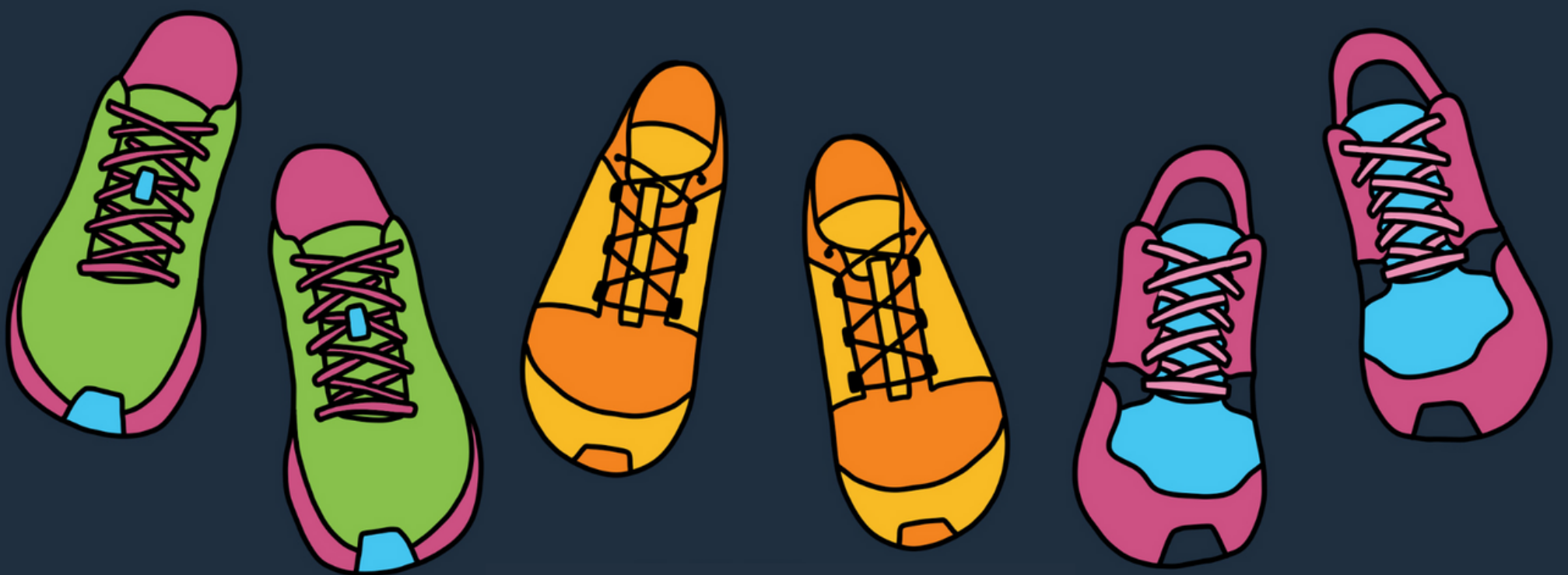


**chia
charge**

**Train for your best ever
half marathon with the
Chia Charge training
plan!**

HALF MARATHON TRAINING PLAN



WELCOME

Congratulations! You're going to run a half marathon! Whether it's your first or fifth we hope this download can help you to have the best possible experience.

You'll find three plans, beginner, intermediate and advanced, to get you half marathon ready in 16 weeks.

**BE
BRAVE**

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



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Advanced

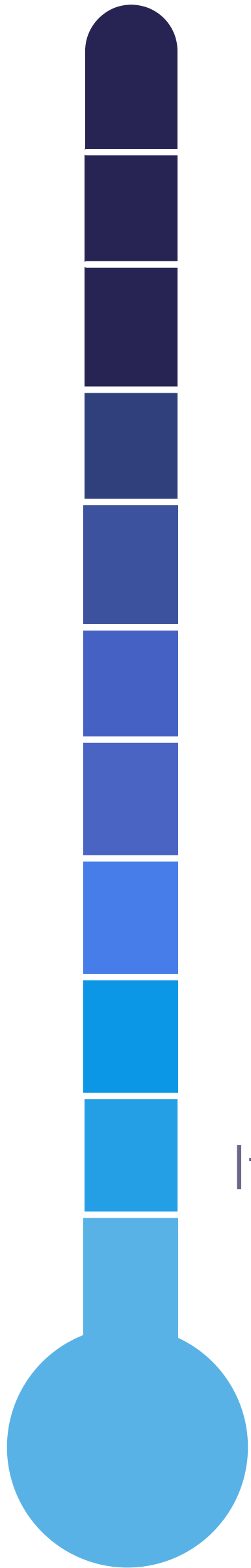
If you are an experienced runner try our advanced plan.
5-6 sessions week.

Intermediate

Use this plan if you have completed previous half marathons and want to improve on your previous 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 three blocks, making up a total of 12 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.



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 1 mile	Run 1.5 miles	Run 2 miles	Run 3 miles
Wednesday	Rest day			
Thursday	Run 1 mile	Run 1.5 miles	Run 2 miles	Run 3 miles
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 2 miles	Run 3 miles	Run 4 miles	Run 6 miles

BEGINNER

Weeks 5-8

Use the longer runs here to perfect your fuelling. Aim to take in 0.5-0.6g of carbohydrates per kilo of bodyweight every hour.

Week	5	6	7	8
Monday	Rest day			
Tuesday	Run 4 miles	Run 5 miles	Run 6 miles	Run 6.5 minutes
Wednesday	Rest day			
Thursday	Run 4 miles	Run 5 miles	Run 6 miles	Run 6.5 miles
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 8 miles	Run 9 miles	Run 12 miles	Run 13 miles

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 9-12

Make sure that as the runs taper off here you finalise your kit decisions and your nutrition plan. Good luck for the big day!

Week	9	10	11	12
Monday	Rest day			
Tuesday	Run 4 miles	Run 6 miles	Run 5 miles	Run 5 miles
Wednesday	Rest day			
Thursday	Run 7 miles	Run 6 miles	Run 5 miles	Run 3 miles
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 8 miles	Run 6 miles	Run 8 miles	Race day!

BEGINNER PLAN

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 4 miles	Run 6 miles	Run 3 miles	Run 3 miles
Wednesday	Rest day			
Thursday	Tempo run 5 mins, walk 5 x2 minutes	Hill work 20 minutes	Tempo run 5 mins, walk 5 x3 minutes	Hill work 30 minutes
Friday	Run 3 miles	Run 3 miles	Run 6 miles	Run 6 miles
Saturday	Rest day			
Sunday	Run 8 miles	Run 9 miles	Run 10 miles	Run 8 miles

Weeks 1-4

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

INTERMEDIATE PLAN

Week	5	6	7	8
Monday	Rest day/Cross train			
Tuesday	Run 6 miles	Run 7 miles	Run 7 miles	Run 7 miles
Wednesday	Rest day			
Thursday	Hill work 30 minutes	Tempo run 12 mins, walk 3 x2	Hill work 30 minutes	Tempo run 5 mins, walk 2 x6
Friday	Run 4 miles	Run 4 miles	Run 3 miles	Run 4 miles
Saturday	Rest day			
Sunday	Run 11 miles	Run 8 miles	Run 12 miles	Run 9 miles

Weeks 5-6

Use the longer runs here to perfect your fuelling. Aim to take in 0.5-0.6g of carbohydrates per kilo of bodyweight every hour.

Workout with Chia Charge

Download the playlist on
Spotify!



INTERMEDIATE PLAN

Week	9	10	11	12
Monday	Rest day/Cross train			
Tuesday	Run 7 miles	Run 8 miles	Run 8 miles	Run 6 miles
Wednesday	Rest day			
Thursday	Tempo run 10 mins, walk 5 x4	Tempo run 5 mins, walk 2 x6	Run 7 miles	Rest
Friday	Run 4 miles	Run 6 miles	Run 5 miles	Run 3 miles
Saturday	Rest day			
Sunday	Run 14 miles	Run 15 miles	Run 8 miles	Race day!

Weeks 9-12

Make sure that as the runs taper off here you finalise your kit decisions and your nutrition plan. Good luck for the big day!

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 6 miles	Run 7 miles	Run 7 miles	Run 10 miles
Wednesday	Hill work 6 miles	Hill work 6 miles	Tempo run 10 mins, walk 3 x2	Hill work 6 miles
Thursday	Run 4 miles	Run 4 miles	Run 4 miles	Run 4 miles
Friday	Rest day			
Saturday	Run 3 miles	Run 3 miles	Run 4 miles	Run 4 miles
Sunday	Run 10 miles	Run 10 miles	Run 12 miles	Run 10 miles

ADVANCED PLAN

Weeks 5-6

Use the longer runs here to perfect your fuelling. Aim to take in 0.5-0.6g of carbohydrates per kilo of bodyweight every hour.

Week	5	6	7	8
Monday	Rest day/Cross train			
Tuesday	Run 8 miles	Run 10 miles	Run 9 miles	Run 10 miles
Wednesday	Tempo run 6 mins, walk 4 x5	Hill work 3 miles	Tempo run 7 mins, walk 3 x5	Hill work 6 miles
Thursday	Run 4 miles	Run 6 miles	Run 5 miles	Run 7 miles
Friday	Rest day			
Saturday	Run 3 miles	Run 4 miles	Run 4 miles	Run 4 miles
Sunday	Run 12 miles	Run 10 miles	Run 14 miles	Run 12 miles

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 9-12

Make sure that as the runs taper off here you finalise your kit decisions and your nutrition plan. Good luck for the big day!

Week	9	10	11	12
Monday	Rest day/Cross train			
Tuesday	Run 9 miles	Run 10 miles	Run 8 miles	Run 8 miles
Wednesday	Tempo run 6 mins, walk 4 x5	Tempo run 5 mins, walk 4 x5	Run 4 miles	Rest
Thursday	Run 7 miles	Run 6 miles	Run 6 miles	Run 5 miles
Friday	Rest day			
Saturday	Run 4 miles	Run 5 miles	Run 3 miles	Run 3 miles
Sunday	Run 15 miles	Run 10 miles	Run 8 miles	Race day!

ADVANCED PLAN

Do your research

The last thing you need when you're nervous is more to stress about. Find out key information such as where to collect your number and the route in advance.

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 use the longer training runs to practise your nutrition.

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.

RACE PREPARATION

NUTRITION

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 any training sessions longer than an hour you will want to take some snacks to top up your energy - such as the Chia Charge Mini flapjacks.



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!



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

ABOUT CHIA CHARGE

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!

