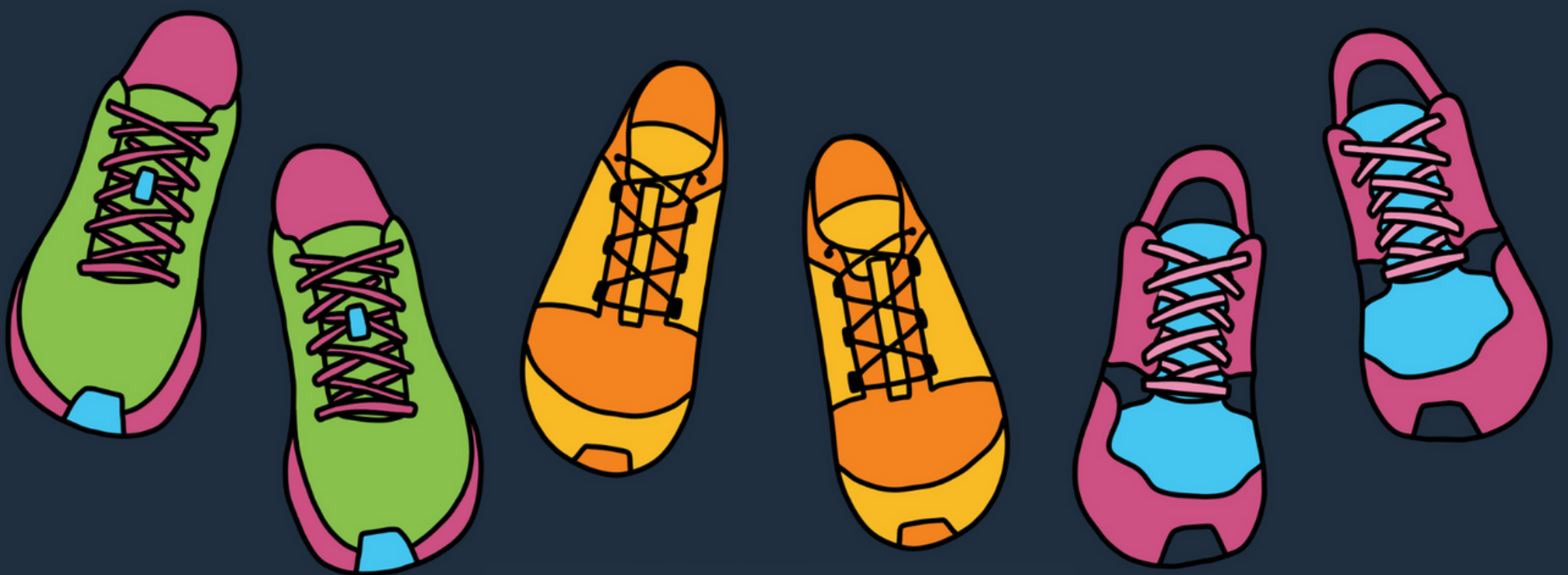




Train for your best ever
marathon with the Chia
Charge training plan!

MARATHON TRAINING PLAN



WELCOME

Congratulations! You're going to run a 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 marathon ready in 16 weeks.

**BE
BRAVE**

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



**chia
charge**

Advanced

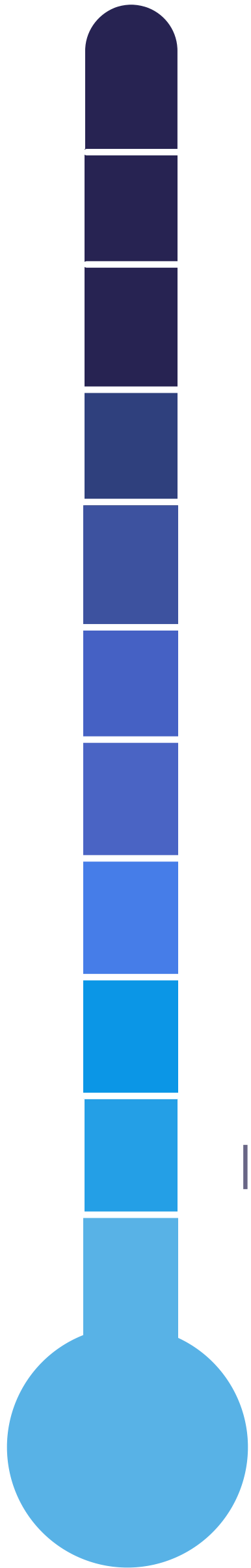
If you are an experienced runner try our advanced plan.
5-6 sessions week.

Intermediate

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

Beginner

If you are new to marathons 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 four blocks, making up a total of 16 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 20 minutes	Run 30 minutes	Run 40 minutes	Run 45 minutes
Wednesday	Rest day			
Thursday	Run 25 minutes	Run 30 minutes	Run 40 minutes	Run 45 minutes
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 3 miles	Run 4 miles	Walk 90 minutes	Run 6 miles

BEGINNER

Weeks 5-8

Try switching up your running routes to prevent your training from becoming monotonous.

Week	5	6	7	8
Monday	Rest day			
Tuesday	Run 60 minutes	Run 60 minutes	Run 30, walk 30, run 30	Run 80 minutes
Wednesday	Rest day			
Thursday	Run 65 minutes	Run 70 minutes	Run 70 minutes	Run 90 minutes
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 6.5 miles	Walk 12 miles	Run 8 miles	Run 10 miles

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**

Weeks 9-12

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	9	10	11	12
Monday	Rest day			
Tuesday	Run 30, walk 30 x2	Run 2 hours	Run 2 hours, 15 minutes	Run 2 hours, 30 minutes
Wednesday	Rest day			
Thursday	Run 1 hour, 45 minutes	Run 2 hours	Run 2 hours, 15 minutes	Run 2 hours, 30 minutes
Friday	Cross train			
Saturday	Rest day			
Sunday	Walk 1 mile, run 3 x 4	Run 12 miles	Run 15 miles	Run 18 miles

BEGINNER PLAN

Weeks 13-16

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	13	14	15	16
Monday	Rest day			
Tuesday	Run 3 hours	Run 90 minutes	Run 45 minutes	Run 30 minutes
Wednesday	Rest day			
Thursday	Run 3 hours	Run 90 minutes	Run 45 minutes	Run 30 minutes
Friday	Cross train			
Saturday	Rest day			
Sunday	Run 20 miles	Run 12 miles	Run 10 miles	Race day!

BEGINNER PLAN

CHIA BREAKFAST OATS

Ingredients

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

Method

- Add first the dry then the wet ingredients to a jar or bowl
- Stir well, make sure you get rid of any clumps of chia seeds
- Leave in the fridge overnight
- 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

INTERMEDIATE PLAN

Week	1	2	3	4
Monday	Rest day/Cross train			
Tuesday	Run 30 minutes	Run 40 minutes	Run 60 minutes	Run 70 minutes
Wednesday	Rest day			
Thursday	Tempo run 20 minutes	Tempo run 20 minutes	Tempo run 20 minutes	Tempo run 20 minutes
Friday	Run 40 minutes	Run 50 minutes	Run 60 minutes	Run 80 minutes
Saturday	Rest day			
Sunday	Run 4 miles	Run 6 miles	Run 8 miles	Slow run 12 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 90 minutes	Run 6 miles	Run 2 hours	Run 10 miles
Wednesday	Rest day			
Thursday	Tempo run 25 minutes	Tempo run 25 minutes	Tempo run 25 minutes	Tempo run 25 minutes
Friday	Run 90 minutes	Run 1 hour, 45 minutes	Run 2 hours	Run 2 hours, 30 minutes
Saturday	Rest day			
Sunday	Run 10 miles	Run 12 miles	Slow run 15 miles	Run 15 miles

Weeks 5-6

Try switching up your routes to prevent your training from becoming too monotonous.

Workout with Chia Charge

Download the playlist on
Spotify!



INTERMEDIATE PLAN

Week	9	10	11	12
Monday	Rest day/Cross train			
Tuesday	Run 2 hours	Run 8 miles	Run 10 miles	Run 12 miles
Wednesday	Rest day			
Thursday	Tempo run 30 minutes	Tempo run 30 minutes	Tempo run 30 minutes	Tempo run 30 minutes
Friday	Run 3 hours	Run 6 miles	Run 5 miles	Run 6 miles
Saturday	Rest day			
Sunday	Slow run 18 miles	Run 18 miles	Slow run 22 miles	Run 20 miles

Weeks 9-12

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.

INTERMEDIATE PLAN

Week	13	14	15	16
Monday	Rest day/Cross train			
Tuesday	Run 3 hours	Run 90 minutes	Run 45 minutes	Run 40 minutes
Wednesday	Rest day			
Thursday	Tempo run 30 minutes	Tempo run 20 minutes	Tempo run 20 minutes	Slow run 20 minutes
Friday	Slow run 3 hours, 30 minutes	Run 4 miles	Run 3 miles	Rest
Saturday	Rest day			
Sunday	Run 22 miles	Run 12 miles	Run 8 miles	Race Day!

Weeks 13-16

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 7 miles	Run 8 miles	Run 90 minutes	Run 90 minutes
Wednesday	Run 5 minutes, tempo run 5 minutes x3	Run 5 minutes, tempo run 5 minutes x4	Slow run 1 mile, run 2 miles x2	Slow run 2 miles, run 3 miles x2
Thursday	Tempo run 20 minutes	Tempo run 20 minutes	Tempo run 20 minutes	Tempo run 20 minutes
Friday	Rest day			
Saturday	Run 6 miles	Run 6 miles (include some uphill)	Run 6 miles	Run 6 miles (include some uphill)
Sunday	Slow run 10 miles	Slow run 12 miles	Run 12 miles	Slow run 15 miles

ADVANCED PLAN

Weeks 5-6

Try switching up your routes to prevent your training from becoming too monotonous.

Week	5	6	7	8
Monday	Rest day/Cross train			
Tuesday	Run 5 miles	Slow run 2 hours	Run 2 hours	Slow run 2 hours, 30 minutes
Wednesday	Run 10 minutes, tempo run 10 minutes x2	Run 15 minutes, tempo run 15 minutes x2	Run 15 minutes, tempo run 15 minutes x2	Run 30 minutes, tempo run 30 minutes
Thursday	Tempo run 25 minutes	Tempo run 25 minutes	Tempo run 25 minutes	Tempo run 25 minutes
Friday	Rest day			
Saturday	Run 45 minutes	Run 5 miles	Run 7 miles	Run 7 miles (include some uphill)
Sunday	Run 10 miles	Run 12 miles	Slow run 18 miles	Run 15 miles

ADVANCED PLAN

KEEP MOVING
FORWARD,
ONE FOOT IN
FRONT OF THE
OTHER



Weeks 9-12

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	9	10	11	12
Monday	Rest day/Cross train			
Tuesday	Run 90 minutes	Run 2 hours, 30 minutes	Run 2 hours, 30 minutes	Slow run 3 hours
Wednesday	Slow run 15 minutes, run 15 minutes x2	Run 10 minutes, tempo run 10 minutes x3	Run 5 minutes, tempo run 5 minutes x6	Run 60 minutes
Thursday	Tempo run 30 minutes	Tempo run 30 minutes	Tempo run 30 minutes	Tempo run 30 minutes
Friday	Rest day			
Saturday	Run 6 miles	Run 8 miles	Run 8 miles	Run 8 miles (include some uphill)
Sunday	Slow run 15 miles	Run 20 miles	Slow run 22 miles	Run 20 miles

ADVANCED PLAN

Weeks 13-16

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	13	14	15	16
Monday	Rest day/Cross train			
Tuesday	Run 3 hours	Run 5 miles	Slow run 5 miles	Slow run 3 miles
Wednesday	Run 50 minutes	Slow run 7 miles	Run 3 miles	Tempo run 20 minutes
Thursday	Tempo run 30 minutes	Tempo run 20 minutes	Tempo run 20 minutes	Slow run 20 minutes
Friday	Rest day			
Saturday	Slow run 6 miles	Run 4 miles	Run 4 miles	Rest
Sunday	Run 22 miles	Run 12 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!

