

# Hippie Chick Training 1/2 Marathon Plan

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	HALF	Topic(s)	XT=Cross Train					
WEEK 1: 2/24	PRC Beaverton	3 Mile Trial	Time Trial/Shoe Seminar	XT	OFF	3 Miles	2.5 Miles	3 Miles	OFF
WEEK 2: 3/02	PRC Beaverton	4 miles	Leanna Stracco, PT, Injury Prevention	XT	OFF	3 Miles	3 Miles	3 Miles	OFF
WEEK 3: 3/9	PRC Beaverton: Track	5 miles	1. Interval Training 2. Menopause Matters 3. Balega	XT	OFF	3 Miles	3 Miles	3 Miles	OFF
WEEK 4: 3/16	PRC Beaverton	6 miles	Equipment & Bra Fitting	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 5: 3/23	PRC Beaverton	7 miles	1. Oofos/Recovery 2. Racing Tips	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 6: 3/30	Tualatin River Run 5K	5K RACE	No Seminar	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 7: 4/6	PRC NW	8 miles	1. Trails 2. TheraGun	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 8: 4/13	PRC Beaverton	9 miles	1. Nutrition 2. Strength Training	XT	OFF	3 Miles	5 Miles	3 Miles - Ladies Night (Bra Night) PRC Beaverton	OFF
WEEK 9: 4/20	PRC Beaverton	10 miles	TBD	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 10: 4/27	PRC Beaverton	11 miles	Race Day Preparation	XT	OFF	3 Miles	3 Miles	OFF	OFF
WEEK 11: 5/04	PRC Beaverton	6 miles	Celebration!	XT	OFF	3 Miles	3 Miles	OFF	OFF
May 11th	<b>May 11th: RACE DAY   HIPPIE CHICK 2024!</b>								