

Hippie Chick Training Plan Quarter Marathon

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	Quarter	Topic(s)						
WEEK 1: 2/21	PRC Beaverton	2 Miles	Meet and Greet/Shoe Seminar	2 Miles or XC	OFF	2 Miles	2 Miles	1.5 Miles	OFF
WEEK 2: 2.28	PRC Beaverton	2 Miles	TAI Injury Prevention/Currex Insoles	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
WEEK 3: 3/7	PRC Beaverton	≈3 Miles	TBD	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
			SOUTHRIDGE HS Track: Interval Workout						
WEEK 4: 3/14	PRC Beaverton	3 Miles	Brooks Sports Bra Fitting!	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 5: 3/21	PRC Beaverton	3.5 miles	TBD	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 6: 3/28	Tualatin	5K Race	Tualatin River Run 5K! Free to Hippie Chick Trainees!	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 7: 4/4	PRC Beaverton	4 Miles	Nutrition	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 8: 4/11	PRC Portland!	4.5 Miles	Trails	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 9: 4/18	Champoeg State Park	5 Miles	Champoeg Course Preview	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 10: 4/25	PRC Beaverton	5.5 Miles	Race Day Preparation	2 Miles or XC	OFF	2 Miles	3 Miles	OFF	OFF
WEEK 11: 5/02	PRC Beaverton	3 Miles	Celebration!	OFF	OFF	2 Miles	2 Miles	OFF	OFF
May 9th	May 10th: RACE DAY HIPPIE CHICK 2026!								