

Hippie Chick Training Plan - 13.1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2/25 REST	3 miles	3 miles	3 miles	Day Off	4 miles	XT
3/4 REST	3 miles	3 miles at pace	3 miles	Day Off	5 miles	XT
3/11 REST	3 miles	4 mile run	3 miles	Day Off	6 miles	XT
3/18 REST	3 miles	4 mile pace	3 miles	Day Off	7 miles	XT
3/25 REST	3 miles	4 mile run	3 miles	Day Off	10K RACE or 8 miles	XT
4/1 REST	3 miles	4 mile run	3 miles	Day Off	8 miles	XT
4/8 REST	3 miles	5 mile run	3 miles	Day Off	9 miles	XT
4/15 REST	3 miles	5 mile pace	3 miles	Day Off	10 miles	XT
4/22 REST	3 miles	5 mile run	3 miles	Day Off	11 miles	XT
4/29 REST	3 miles	2 miles pace	3 miles	Day Off	9 miles	XT
5/6 RACE WEEK	3 miles	2 miles pace	3 miles	Day Off	HIPPIE CHICK!	XT