

# Hippie 1/4 Marathon Training Plan

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	Mileage	Topic(s)	XT=Cross Train					
WEEK 1: 2/26	PRC Beaverton	2-3 Mile Trial	Intro	XT	OFF	2 Miles	2 Miles: PACE	2 Miles	OFF
WEEK 2: 3/05	PRC Beaverton	3 miles	Intervals/SRHS	XT	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 3: 3/12	PRC Beaverton	4 miles	Shoe Seminar Dave	XT	OFF	2 Miles	3 Miles: PACE	3 Miles	OFF
WEEK 4: 3/19	PRC Beaverton	4 miles	Nutrition: Jami Tautfest Burnabe	XT	OFF	2 Miles	3 Miles	3 Miles	OFF
WEEK 5: 3/26	PRC Beaverton	5K Race or 5 Miles	Racing	XT	OFF	2 Miles	3 Miles: PACE	3 Miles	OFF
WEEK 6: 4/02	PRC Beaverton	5 miles	Injury Prevention: Leanna Stracco, Benchmark PT	XT	OFF	2 Miles	4 Miles	3 Miles	OFF
WEEK 7: 4/9	PRC Beaverton	5 miles	Oofos	XT	OFF	2 Miles	4 Miles: PACE	3 Miles	OFF
WEEK 8: 4/16	PRC Beaverton	6 miles	Theragun/Recovery	XT	OFF	2 Miles	4 Miles	3 Miles	OFF
WEEK 9: 4/23	PRC Beaverton	5 miles	Congratulations!	XT	OFF	2 Miles	4 Miles: PACE	3 Miles	OFF
WEEK 10: 4/30	PRC Beaverton	4 miles	Race Day Preparation	XT	OFF	2 Miles	2 Miles: PACE	OFF	OFF
MAY 7th	May 7th: RACE DAY   HIPPIE HALF 2022!								