

# Hippie Half 1/2 Marathon Training Plan

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	Mileage	TOPIC	XT=Cross Train			PACE=Race Pace		
WEEK 1: 2/26	PRC Beaverton	3 Mile Trial	Intro	XT	OFF	3 Miles	3 Miles: PACE	3 Miles	OFF
WEEK 2: 3/05	PRC Beaverton	4 miles	Intervals/SRHS	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 3: 3/12	PRC Beaverton	5 miles	Shoe Seminar Dave	XT	OFF	3 Miles	4 Miles: PACE	3 Miles	OFF
WEEK 4: 3/19	PRC Beaverton	6 miles	TheraGun / Recovery	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 5: 3/26	PRC Beaverton	10K Race	Racing	XT	OFF	3 Miles	5 Miles: PACE	3 Miles	OFF
WEEK 6: 4/02	PRC Beaverton	8 miles	Nutrition: Jami Tautfest Burnabe	XT	OFF	3 Miles	6 Miles	3 Miles	OFF
WEEK 7: 4/9	PRC Beaverton	9 miles	Oofos	XT	OFF	3 Miles	6 Miles: PACE	3 Miles	OFF
WEEK 8: 4/16	PRC Beaverton	10 miles	Injury Prevention: Leanna Stracco, Benchmark PT	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 9: 4/23	PRC Beaverton	11 miles	THERAGUN - Jetboots!	XT	OFF	3 Miles	4 Miles: PACE	3 Miles	OFF
WEEK 10: 4/30	PRC Beaverton	6 miles	Race Day Preparation	XT	OFF	3 Miles	2 Miles: PACE	OFF	OFF
MAY 7th	May 7th: RACE DAY   HIPPIE HALF 2022!			ALL SEMINARS BEGIN AT 8:30AM					