

Hippie Chick Training Plan Quarter Marathon

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	Quarter	Topic(s)						
WEEK 1: 2/25	PRC Beaverton	2 Miles	Time Trial/Shoe Seminar	2 Miles or XC	OFF	2 Miles	2 Miles	1.5 Miles	OFF
WEEK 2: 3/04	PRC Beaverton	2 Miles	Leanna Stracco, PT, Injury Prevention	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
WEEK 3: 3/11	PRC Beaverton	2.5 Miles	Interval Training Southridge HS	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
WEEK 4: 3/18	PRC Beaverton	3 Miles	Hydration/Accessories	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 5: 3/25	Champoeg State Park	5K Race	RACING	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 6: 4/01	PRC Beaverton	4 Miles	Oofos	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 7: 4/8	PRC Northwest	4.5 Miles	Trails/Nutrition	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 8: 4/15	PRC Beaverton	5 Miles	Theragun/Recovery	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles - Ladies Night (Bra Night) PRC Beaverton	OFF
WEEK 9: 4/22	PRC Beaverton	5.5 Miles	What to eat during your long run/walk	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 10: 4/29	PRC Beaverton	6 Miles	Race Day Preparation	2 Miles or XC	OFF	2 Miles	3 Miles	OFF	OFF
WEEK 11: 5/6	PRC Beaverton	3 Miles	Celebration	OFF	OFF	2 Miles	2 Miles	OFF	OFF
MAY 8th	May 13th: RACE DAY HIPPIE CHICK 2023!								