Ripple Chick Training Plan Quarter Marathon								
Saturday			Sunday	Monday	Tuesday	Wednedsay	Thursday	Friday
Location	Quarter	Topic(s)						
PRC Beaverton	2 Miles	Time Trial/Shoe Seminar	2 Miles or XC	OFF	2 Miles	2 Miles	1.5 Miles	OFF
PRC Beaverton	2 Miles	Leanna Stracco, PT, Injury Prevention	2 Miles or XC	OFF	2 Miless	2 Miles	2 Miles	OFF
PRC Beaverton	2.5 Miles	Interval Training Southridge HS	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
PRC Beaverton	3 Miles	Hydration/Accessories	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
Champoeg State Park	5K Race	RACING	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
PRC Beaverton	4 Miles	Oofos	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
PRC Northwest	4.5 Miles	Trails/Nutrition	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
PRC Beaverton	5 Miles	Theragun/Recovery	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles - Ladies Night (Bra Night) PRC Beaverton	OFF
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
PRC Beaverton	6 Miles	Race Day Preparation	2 Miles or XC	OFF	2 Miles	3 Miles	OFF	OFF
PRC Beaverton	3 Miles	Celebration	OFF	OFF	2 Miles	2 Miles	OFF	OFF
	PRC Beaverton PRC Beaverton PRC Beaverton PRC Beaverton Champoeg State Park PRC Beaverton PRC Beaverton PRC Beaverton PRC Beaverton PRC Beaverton PRC Beaverton	LocationQuarterPRC Beaverton2 MilesPRC Beaverton2 MilesPRC Beaverton2.5 MilesPRC Beaverton3 MilesPRC Beaverton3 MilesChampoeg State Park5K RacePRC Beaverton4 MilesPRC Beaverton5 MilesPRC Beaverton5 MilesPRC Beaverton5 MilesPRC Beaverton6 Miles	LocationQuarterTopic(s)PRC Beaverton2 MilesTime Trial/Shoe SeminarPRC Beaverton2 MilesLeanna Stracco, PT, Injury PreventionPRC Beaverton2 MilesInterval Training Southridge HSPRC Beaverton3 MilesHydration/AccessoriesPRC Beaverton3 MilesRACINGPRC Beaverton4 MilesOofosPRC Beaverton5 K RaceRACINGPRC Beaverton5 MilesTrails/NutritionPRC Beaverton5 MilesTheragun/RecoveryPRC Beaverton6 MilesRace Day Preparation	LocationQuarterTopic(s)PRC Beaverton2 MilesTime Trial/Shoe Seminar2 Miles or XCPRC Beaverton2 MilesLeanna Stracco, PT, Injury Prevention2 Miles or XCPRC Beaverton2.5 MilesInterval Training Southridge HS2 Miles or XCPRC Beaverton3 MilesHydration/Accessories2 Miles or XCPRC Beaverton3 MilesHydration/Accessories2 Miles or XCPRC Beaverton3 MilesHydration/Accessories2 Miles or XCPRC Beaverton4 MilesOofos2 Miles or XCPRC Beaverton4 MilesTrails/Nutrition2 Miles or XCPRC Beaverton5 MilesTrails/Nutrition2 Miles or XCPRC Beaverton5 MilesRecovery2 Miles or XCPRC Beaverton6 MilesRace Day Preparation2 Miles or XC	LocationQuarterTopic(s)PRC Beaverton2 MilesTime Trial/Shoe Seminar2 Miles or XCOFFPRC Beaverton2 MilesLeanna Stracco, PT, Injury Prevention2 Miles or XCOFFPRC Beaverton2.5 MilesInterval Training Southridge HS2 Miles or XCOFFPRC Beaverton3 MilesHydration/Accessories2 Miles or XCOFFPRC Beaverton3 MilesHydration/Accessories2 Miles or XCOFFPRC Beaverton3 MilesHydration/Accessories2 Miles or XCOFFPRC Beaverton4 MilesOofos2 Miles or XCOFFPRC Beaverton5 K RaceRACING2 Miles or XCOFFPRC Beaverton5 MilesTrails/Nutrition2 Miles or XCOFFPRC Beaverton5 MilesTheragun/Recovery2 Miles or XCOFFPRC Beaverton5 MilesMiles2 Miles or XCOFFPRC Beaverton6 MilesRace Day Preparation2 Miles or XCOFFPRC Beaverton6 MilesRace Day Preparation2 Miles or XCOFF	LocationQuarterTopic(s)Image: Comparison of the comparison	LocationQuarterTopic(s)Topic(s)Control <td>LocationQuarterTopic(s)</td>	LocationQuarterTopic(s)

## **Hippie Chick Training Plan Quarter Marathon**

MAY 8th May 13th: RACE DAY | HIPPIE CHICK 2023!