

Hippie Chick Training 1/2 Marathon Plan

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