

Hippie Chick Training Plan Quarter Marathon

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	Quarter	Topic(s)						
WEEK 1: 2/24	PRC Beaverton	2 Miles	Time Trial/Shoe Seminar	2 Miles or XC	OFF	2 Miles	2 Miles	1.5 Miles	OFF
WEEK 2: 3/02	PRC Beaverton	2 Miles	Leanna Stracco, PT, Injury Prevention	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
WEEK 3: 3/09	PRC Beaverton	2.5 Miles	1. Interval Training 2. Menopause Matters 3. Balega	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
WEEK 4: 3/16	PRC Beaverton	3 Miles	Equipment & Bra Fitting	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 5: 3/23	PRC Beaverton	3.5 miles	1. Oofos/Recovery 2. Racing Tips	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 6: 3/30	Tualatin River Run 5K	5K Race	No Seminar	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 7: 4/06	PRC Northwest	4 Miles	1. Trails 2. TheraGun	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 8: 4/13	PRC Beaverton	4.5 Miles	1. Nutrition 2. Strength Training	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles - Ladies Night (Bra Night) PRC Beaverton	OFF
WEEK 9: 4/20	PRC Beaverton	5 Miles	TBD	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 10: 4/27	PRC Beaverton	5.5 Miles	Race Day Preparation	2 Miles or XC	OFF	2 Miles	3 Miles	OFF	OFF
WEEK 11: 5/04	PRC Beaverton	3 Miles	Celebration	OFF	OFF	2 Miles	2 Miles	OFF	OFF
MAY 11th	May 11th: RACE DAY HIPPIE CHICK 2024!								