

# Hippie Chick Training 1/2 Marathon Plan

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	HALF	Topic(s)	XT=Cross Train					
WEEK 1: 2/22	PRC Beaverton	3 Mile Trial	Time Trial/Meet and Greet	XT	OFF	3 Miles	2.5 Miles	3 Miles	OFF
WEEK 2: 3/01	PRC Beaverton	4 miles	Shoe Seminar	XT	OFF	3 Miles	3 Miles	3 Miles	OFF
WEEK 3: 3/8	PRC Beaverton	5 miles	Leanna Stracco Injury Prevention	XT	OFF	3 Miles	3 Miles	3 Miles	OFF
			SOUTHRIDGE HS Track: Interval Workout						
WEEK 4: 3/15	PRC Beaverton	6 miles	Bras!	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 5: 3/22	PRC Beaverton	7 miles	OOfos- Recovery Sandals	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 6: 3/29	Tualatin	3.1 - 5 miles	Tualatin River Run 5K! Free to Hippie Chick Trainees!	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 7: 4/5	PRC Beaverton	8 miles	Nutrition	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 8: 4/12	PRC Portland!	9 miles	Trails	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 9: 4/19	Champoeg State Park	10 miles	Champoeg Course Preview	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 10: 4/26	PRC Beaverton	11 miles	Race Day Preparation	XT	OFF	3 Miles	3 Miles	OFF	OFF
WEEK 11: 5/03	PRC Beaverton	6 miles	Celebration!	XT	OFF	3 Miles	3 Miles	OFF	OFF
May 10th	May 10th: RACE DAY   HIPPIE CHICK 2025!								