

# Hippie Chick Training Plan Quarter Marathon

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	Quarter	Topic(s)						
WEEK 1: 2/22	PRC Beaverton	2 Miles	Time Trial/Meet and Greet	2 Miles or XC	OFF	2 Miles	2 Miles	1.5 Miles	OFF
WEEK 2: 3/01	PRC Beaverton	2 Miles	Shoe Seminar	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
WEEK 3: 3/8	PRC Beaverton	≈3 Miles	Leanna Stracco Injury Prevention	2 Miles or XC	OFF	2 Miles	2 Miles	2 Miles	OFF
			SOUTHRIDGE HS Track: Interval Workout						
WEEK 4: 3/15	PRC Beaverton	3 Miles	Bras!	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 5: 3/22	PRC Beaverton	3.5 miles	OOfos- Recoery Sandals	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 6: 3/29	Tualatin	5K Race	Tualatin River Run 5K! Free to Hippie Chick Trainees!	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 7: 4/5	PRC Beaverton	4 Miles	Nutrition	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 8: 4/12	PRC Portland!	4.5 Miles	Trails	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 9: 4/19	Champoeg State Park	5 Miles	Champoeg Course Preview	2 Miles or XC	OFF	2 Miles	3 Miles	2 Miles	OFF
WEEK 10: 4/26	PRC Beaverton	5.5 Miles	Race Day Preparation	2 Miles or XC	OFF	2 Miles	3 Miles	OFF	OFF
WEEK 11: 5/03	PRC Beaverton	3 Miles	Celebration!	OFF	OFF	2 Miles	2 Miles	OFF	OFF
May 10th	May 10th: RACE DAY   HIPPIE CHICK 2025!								