

Hippie Chick Training 1/2 Marathon Plan

WEEK	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Location	HALF	Topic(s)	XT=Cross Train					
WEEK 1: 2/21	PRC Beaverton	3 Mile Trial	Meet and Greet/Shoe Seminar	XT	OFF	3 Miles	2.5 Miles	3 Miles	OFF
WEEK 2: 2/28	PRC Beaverton	4 miles	TAI Injury Prevention & Currex Insoles!	XT	OFF	3 Miles	3 Miles	3 Miles	OFF
WEEK 3: 3/7	PRC Beaverton	5 miles	Speedwork	XT	OFF	3 Miles	3 Miles	3 Miles	OFF
			SOUTHRIDGE HS Track: Interval Workout						
WEEK 4: 3/14	PRC Beaverton	6 miles	Brooks Sports Bra Fitting!	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 5: 3/21	PRC Beaverton	7 miles	TBD	XT	OFF	3 Miles	4 Miles	3 Miles	OFF
WEEK 6: 3/28	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: 4/4	PRC Beaverton	8 miles	Nutrition	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 8: 4/11	PRC Portland!	9 miles	Trails	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 9: 4/18	Location TBD	10 miles	Hippie Chick Course Preview	XT	OFF	3 Miles	5 Miles	3 Miles	OFF
WEEK 10: 4/25	PRC Beaverton	11 miles	Race Day Preparation	XT	OFF	3 Miles	3 Miles	OFF	OFF
WEEK 11: 5/02	PRC Beaverton	6 miles	Celebration!	XT	OFF	3 Miles	3 Miles	OFF	OFF
May 9th	May 10th: RACE DAY HIPPIE CHICK 2026!								