



KAISER PERMANENTE®

5k Advanced Training Plan

Workouts & Training Plans Provided By:

TRIMOREFITNESS™

Questions? askthecoach@trimorefitness.com

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	3 Mile Run	5 x 400	Rest Day OR Easy Run	30 Minute Tempo Run	Day Off Rest	4 Miles Fast	60 Minute Run
2	3 Mile Run	8 x 200	Rest Day OR Easy Run	30 Minute Tempo Run	Day Off Rest	4 Miles Fast	65 Minute Run
3	3 Mile Run	6 x 400	Rest Day OR Easy Run	35 Minute Tempo Run	Day Off Rest	5 Miles Fast	70 Minute Run
4	3 Mile Run	9 x 200	Rest Day OR Easy Run	35 Minute Tempo Run	Rest Day OR Easy Run	Complete Day Off No Running	5K Test Run Race Effort
5	3 Mile Run	7 x 400	Rest Day OR Easy Run	40 Minute Tempo Run	Day Off Rest	5 Miles Fast	75 Minute Run
6	3 Mile Run	10 x 200	Rest Day OR Easy Run	40 Minute Tempo Run	Day Off Rest	6 Miles Fast	85 Minute Run
7	3 Mile Run	8 x 400	Rest Day OR Easy Run	45 Minute Tempo Run	Day Off Rest	6 Miles Fast	90 Minute Run
8	2 Mile Run	6 x 200	30 Minute Tempo Run	Rest Day OR Easy Run	Day Off Rest	Complete Day Off No Running	Race Day! 5K Race