



KAISER PERMANENTE®

5k Intermediate Training Plan

Workouts & Training Plans Provided By:

TRIMOREFITNESS™

Questions? askthecoach@trimorefitness.com

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Day Off Rest	3 Mile Run	5 x 400	3 Mile Run	Day Off Rest	3 Mile Run	5 Mile Run
2	Day Off Rest	3 Mile Run	30 Minute Tempo Run	3 Mile Run	Day Off Rest	3 Miles Fast	5 Mile Run
3	Day Off Rest	3 Mile Run	6 x 400	3 Mile Run	Day Off Rest	4 Mile Run	6 Mile Run
4	Day Off Rest	3 Mile Run	35 Minute Tempo Run	3 Mile Run	Day Off Rest	Day Off Rest	5k Test Run
5	Day Off Rest	3 Mile Run	7 x 400	3 Mile Run	Day Off Rest	4 Miles Fast	6 Mile Run
6	Day Off Rest	3 Mile Run	40 Minute Tempo Run	3 Mile Run	Day Off Rest	5 Mile Run	7 Mile Run
7	Day Off Rest	3 Mile Run	8 x 400	3 Mile Run	Day Off Rest	5 Miles Fast	7 Mile Run
8	Day Off Rest	3 Mile Run	30 Minute Tempo Run	2 Mile Run	Day Off Rest	Day Off Rest	Race Day! 5K Race