We Run Ultras

Advanced 10K Plan

Free one-page sample

A focused 10-week 10K build for experienced runners who want sharper specific work, stronger control, and a cleaner race-day finish. This sample shows the rhythm of the week, the flavour of the sessions, and the kind of runner the plan is written for.

Distance: 10K **Level:** Advanced **Duration:** 10 weeks
Weekly load: 180–315 minutes across four to five runs per week
Longest run: Up to 95 minutes

Who it is for

- Experienced runners already comfortable with four to five runs per week and regular training structure.
- Athletes who want sharper 10K-specific work without turning the whole week into noise.
- People who care about race control, composure, and a cleaner finish rather than flashy training days.

Typical week rhythm

Monday / Friday	Rest, mobility, or optional easy support running used only when it helps the block.
Tuesday	Primary specific session: threshold support, longer reps, or sharper aerobic work.
Wednesday / Saturday	Easy support running that keeps rhythm without crowding recovery.
Thursday	Sustained 10K-support work that teaches race control.
Sunday	Longer aerobic running with steady finishes that keep durability underneath the speed.

Three real sessions from the plan

Week 3 Tue	60 min, RPE 6	Threshold ladder: 5, 8, 10, 8, 5 min strong aerobic with easy jog recoveries.
Week 7 Thu	65 min, RPE 6	3 x 8 min at 10K effort with 2 min easy between.
Week 9 Sun	95 min, RPE 4–5	Longer aerobic run finishing with 25 min steady, still under control.

Inside the full PDF

- Full 10-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, specific-work progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and adjustment notes.

What this plan emphasizes: Specific work with control, repeatable weeks, and a calmer route to a sharper race-day performance.

Full plan: Visit the Advanced 10K Plan page