We Run Ultras

# Builder 10K Plan

Free one-page sample

A steadier 10-week 10K build for runners who want stronger threshold support, clearer progression, and a week that still feels manageable. 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:** Builder **Duration:** 10 weeks
**Weekly load:** 150–270 minutes across four runs per week
**Longest run:** Up to 95 minutes

## Who it is for

- Runners already comfortable with four runs per week and looking for clearer 10K-specific work.
- Athletes moving beyond basic completion plans into steadier, more purposeful race preparation.
- People who want the race to matter without needing the whole week to feel brittle.

## Typical week rhythm

| | |
|---|---|
| **Monday / Wednesday** | Rest, walking, or mobility that supports the running. |
| **Tuesday** | Threshold support, hills, or stronger steady reps. |
| **Thursday** | Sustained steady or 10K-support work. |
| **Saturday** | Easy support running that keeps volume moving without crowding recovery. |
| **Sunday** | Longer aerobic running with occasional steady finishes. |

## Three real sessions from the plan

| | | |
|---|---|---|
| **Week 1 Tue** | 45 min, RPE 6 | 5 x 4 min strong aerobic work with 2 min easy jog. |
| **Week 5 Thu** | 55 min, RPE 6 | 3 x 6 min at 10K effort with 2 min easy between. |
| **Week 9 Sun** | 95 min, RPE 4–5 | Longer aerobic run finishing with 20 min steady. |

## Inside the full PDF

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

**What this plan emphasizes:** Steadier progression, stronger threshold support, and enough structure to improve without turning the week chaotic.

**Full plan:** Visit the Builder 10K Plan page