We Run Ultras

Builder 5K Plan

Free one-page sample

A steadier 8-week 5K 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: 5K **Level:** Builder **Duration:** 8 weeks
Weekly load: 120–225 minutes across four runs per week
Longest run: Up to 75 minutes

Who it is for

- Runners already comfortable with four runs per week and looking for clearer 5K-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 5K-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	40 min, RPE 6	5 x 3 min strong aerobic work with 90 sec easy jog.
Week 5 Thu	45 min, RPE 6	3 x 4 min at 5K effort with 2 min easy between.
Week 7 Tue	45 min, RPE 6	4 x 5 min strong aerobic work with 90 sec easy jog.

Inside the full PDF

- Full 8-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 5K Plan page