

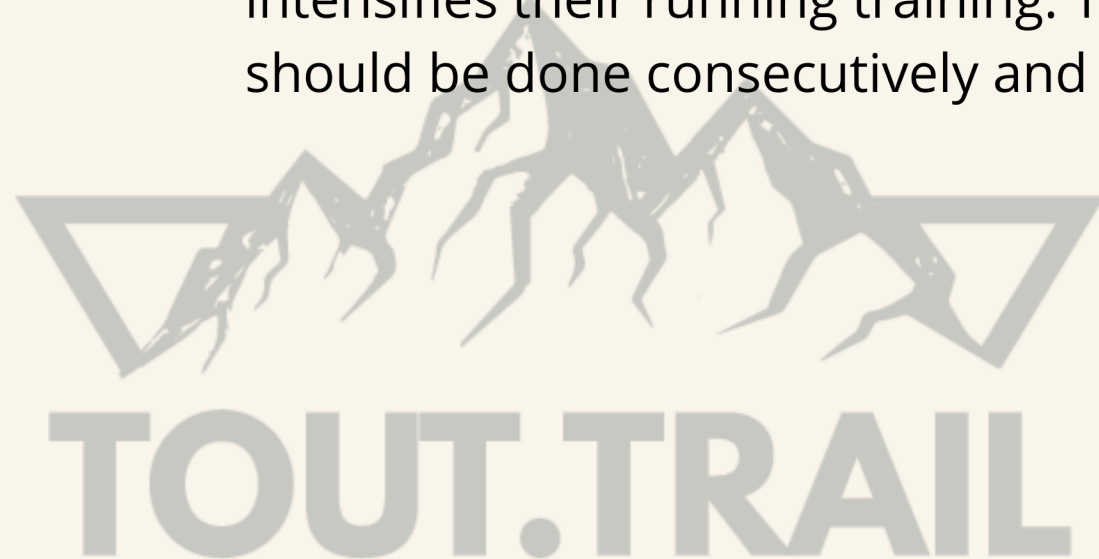
QMT-135 - PLAN OVERVIEW



This plan consists of a basic outline to guide you in preparation for your upcoming trail event. You may adapt it according to your current abilities, experience, specific needs and reality. Don't forget progression and being constant are key, as well as respecting the zones indicated in this plan. Trail outings, versus road outings, will be integrated to the plan as weeks go by. Outings are planned in terms of time and consider the average time to complete the chosen event. You may need to adjust the duration of your outing depending on your abilities and personal estimated time to complete the course. If you feel you need more personalized planning, tips or follow-ups to your training, Tout.Trail coaches can help you with that.

Naming convention :

- Zones (V1 to V5) : Polarized training is a way of organizing a training plan in which most of the training stress occurs at low or high intensity, in zones 1 and 2, coupled with intensity blocks. What each training zone represents are explained at the following page.
- Cross-training and rest days : These days are strategically planned to balance training stress with recovery time. Don't forget resting is a part of training. Cross-training can also be applied to limit impacts on the body while staying active.
- Shock weekends (WEC): A "shock weekend" in trail running is a period of two to three days during which an athlete significantly intensifies their running training. The duration of outings is limited to allow better recovery and avoid over-fatigue. These outings should be done consecutively and in the suggested order, wherever possible.



Training zones

Speed	% MAS	Breathing Capacity	Perceived Effort Level
V1	50-70%	Easy	1-3/10
V2	70-78%	Hard to speak a full sentence	3-5/10
V3	78-76%	Hard to speak 3 consecutive words	5-6/10
V4	86-94%	Hard to talk	7-8/10
V5	94-102%	Impossible to talk	9-10/10



Training should be enjoyable. Respect your body and its limits, and don't hesitate to consult a health professional should you experience any pain or discomfort along the way.

MARCH 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						01 Long trail run: 1h30 V1	02 45 min V1-2 (road trail)
1	03 Rest or cross training (swimming, bike, ...)	04 30-40 min V1	05 Speed work: 20 min V1, 5x 1 min V4 1 min easy, 15 min V1	06 30-40 min V1 hilly road or trail	07 Rest or cross training (swimming, bike, ...)	08 Long trail run 2h-2h30 V1 Party D+ MSA	09 45min V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec easy
2	10 Rest or cross training (swimming, bike, ...)	11 40-50 min V1	12 Speed work: 20 min V1, 10x 1 min V4 1 min easy, 15 min V1	13 40-50 min V1 hilly road or trail	14 Rest or cross training (swimming, bike, ...)	15 Long trail run 2h30 V1	16 55min V1-2 (road or trail) End with 5x45 sec (V4-5) fast 45 sec easy
3	17 Rest or cross training (swimming, bike, ...)	18 50-60 min V1	19 Speed work: 15 min V1, 15x 1 min V4 1 min easy, 15 min V1	20 50-60 min V1 hilly road or trail	21 Rest or cross training (swimming, bike, ...)	22 Long trail run: 2h30-3h V1	23 1h V1-2 (road or trail) End with 5x45 sec fast (V4-5) 45 sec easy
4	24 Rest or cross training (swimming, bike, ...)	25 30 min V1	26 Speed work: 15 min V1, 5x 1 min V4 1 min easy, 10 min V1	27 40-50 min V1 hilly road or trail	28 Rest or cross training (swimming, bike, ...)	29 Long trail run: 1h30 V1	30 40 min V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec rest

Notes

Start training gradually if you've been hibernating over the winter!

Training goals

Aim to climb 3,000m in March.
Increase elevation gradually.

Remember to do 1 or 2 strengthening sessions a week!



APRIL 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	Rest or cross training (swimming, bike, ...) ³¹	50-60 min V1 ⁰¹	Speed work: 10 min V1, 5 min V3, 1 min easy, 3x 2min V4 1 min easy, 5 min V3, 10 min V1 ⁰²	45-55 min V1 hilly road or trail ⁰³	Rest or cross training (swimming, bike, ...) ⁰⁴	Long trail run: 3h V1 ⁰⁵	1h V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec easy ⁰⁶
6	Rest or cross training (swimming, bike, ...) ⁰⁷	50-60 min V1 ⁰⁸	Speed work: 10 min V1, 8 min V3, 1 min easy, 4x 2min V4 1 min easy, 8 min V3, 10 min V1 ⁰⁹	40-50 V1 hilly road or trail ¹⁰	Rest or cross training (swimming, bike, ...) ¹¹	Long trail run: 3h30 V1 ¹²	1h V1-2 (road or trail) End with 6x1 min fast (V4-5) 30 sec easy ¹³
7	Rest or cross training (swimming, bike, ...) ¹⁴	1h-1h15 V1 ¹⁵	Speed work: 10 min V1, 10 min V3, 1 min easy, 5x 2min V4 1 min easy, 10 min V3, 10 min V1 ¹⁶	1h-1h10 V1 hilly road or trail ¹⁷	Rest or cross training (swimming, bike, ...) ¹⁸	Long trail run 4h V1 ¹⁹	1h15 V1-2 (road or trail) End with 7x1 min fast (V4-5) 30 sec easy ²⁰
8	Rest or cross training (swimming, bike, ...) ²¹	35-40 min V1 ²²	Speed work: 10 min V1, 2x10 min V3, 1 min easy, 10 min V1 ²³	40-50 min hilly road or trail ²⁴	Rest or cross training (swimming, bike, ...) ²⁵	Long trail run: 1h30-2h V1 ²⁶	45 min V1-2 (road or trail) ²⁷
9	Rest or cross training (swimming, bike, ...) ²⁸	1h-1h10 V1 ²⁹	Speed work: 15 min V1, 8x 2 min up hill V4 - down hill easy, 15 min V1 ³⁰				

Notes

Spring training can be tough. Respect the trails an opt for dirt roads if conditions aren't conducive to trail running.

Training goals

Breathe through your nose and aim for 3,500 to 5,000m of positive altitude gain in April.

Keep up your weight training.

MAY 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9				01 40-50 min V1 hilly road or trail	02 Rest or cross training (swimming, bike, ...)	03 Long trail run: 3h-3h30 V1	04 1h V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec easy
10	05 30 min V1-2 hilly road	06 1h10-1h20 V1	07 Speed work: 15 min V1, 10x 2 min up hill V4- down hill easy, 15 min V1	08 40-50 min V1 hilly road or trail	09 Rest or cross training (swimming, bike, ...)	10 Long trail run: 3h30-4h V1	11 1h45 V1-2 (road or trail) End with 6x1 min fast (V4-5) 30 sec easy
11	12 30 min V1-2 hilly road	13 1h30-1h30 V1	14 Speed work: 15 min V1, 15x 2 min up hill V4 - down hill easy, 15 min V1	15 Rest	16 WEC day 1: 2h V1-2 trail (night run)	17 WEC day 2: 5h V1-2 trail	18 WEC day 3 3h V1-2 trail
12	19 Rest	20 20-30 min V1	21 Rest or cross training (swimming, bike, ...)	22 40-50 min V1 hilly road or trail	23 Rest or cross training (swimming, bike, ...)	24 Long trail run: 2h-2h15 V1	25 50 min V1-2 (road or trail) End with 4x1 min fast (V4-5) 30 sec easy
13	26 25 min V1-2 hilly road	27 1h-1h15 V1	28 Speed work: 20 min V1, 12x 30 sec V5 30 sec easy, 20 min V1	29 1h V1 hilly road or trail	30 Rest or cross training (swimming, bike, ...)	31 Long trail run 6- 7h V1	

Notes

Think about gearing your training more specifically to the terrain in which you'll be running at QMT: rocks, roots and positive gradient.

Training goals

First WEC planned! Have fun and start testing your equipment and nutrition!

Aim for 6,000 to 7,500m of positive altitude gain in May. Reduce weight training if necessary. Test nutrition during the WEC and during longer outings.

JUNE 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13							01 1h30 V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec easy
14	02 30 min V1-2 hilly road	03 1h10-1h20 V1	04 Speed work: 20 min V1, 17x 30 sec V5 30 sec easy, 20 min V1	05 1h V1 hilly road or trail	06 Rest or cross training (swimming, bike, ...)	07 Long trail run: 5h-5h30 V1	08 1h30 V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec easy
15	09 30 min V1-2 hilly road	10 1h20-1h30 V1	11 Speed work: 20 min V1, 20x 30 sec V5 30 sec easy, 20 min V1	12 Rest	13 WEC day 1: 3h V1-2 trail (night run)	14 WEC day 2: 9h V1-2 trail	15 WEC day 3: 4h V1-2 trail
16	16 Rest	17 40-50 min V1	18 Speed work: 15 min V1, 7x 2 min V4 1 min easy, 5x 30 sec V5 30 sec easy, 10 min V1	19 1h-1h15 V1 hilly road trail	20 Rest or cross training (swimming, bike, ...)	21 Last long trail run: 4h-4h30 V1-2	22 1h30 V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec easy
17	23 Rest or cross training (swimming, bike, ...)	24 40-45 min V1 hilly road or trail	25 Speed work: 15 min V1, 5x 2 min V4 1 min easy, 5x 30 sec V5 30 sec easy, 10 min V1	26 25-30 min V1 (optional) or rest	27 Rest or cross training (swimming, bike, ...)	28 Long trail run : 1h15-1h30 V1-2	29 1h V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec easy

Notes

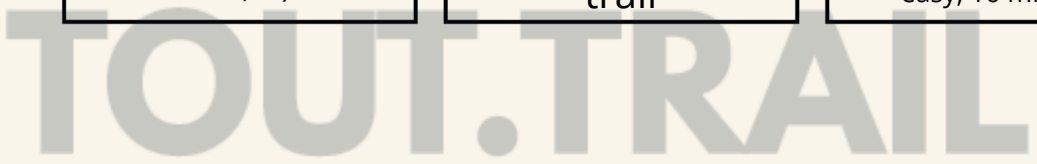
Start getting used to running at the time your race will start (at night for the QMT-135). This will allow your body to get accustomed to the schedule.

Training goals

Aim for 9000 to 10,000m of positive altitude gain in June.

Continue testing equipment and nutrition.

Optimize sleep and recovery through stretching exercises.



JULY 2025



18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>30 Speed work: 10 min V1, 5x 2 min V4 1 min easy, 10 min V1</p>	<p>01 30-40 min V1</p>	<p>02 Rest</p>	<p>03 Shake out run: 10 min V1, 5x 30 sec V5 30 sec easy, 10 min V1</p>	<p>04 QC MEGA TRAIL</p>	<p>05</p>	<p>06 Rest</p>
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Notes

Time for visualization. Picture yourself smiling at the start and then, with the same smile at the finish line.

Training goals

Focus on sleep, nutrition and recovery leading up to the race. Take in all the efforts you've made.

Enjoy your race, be proud of yourself and give it your all.

