

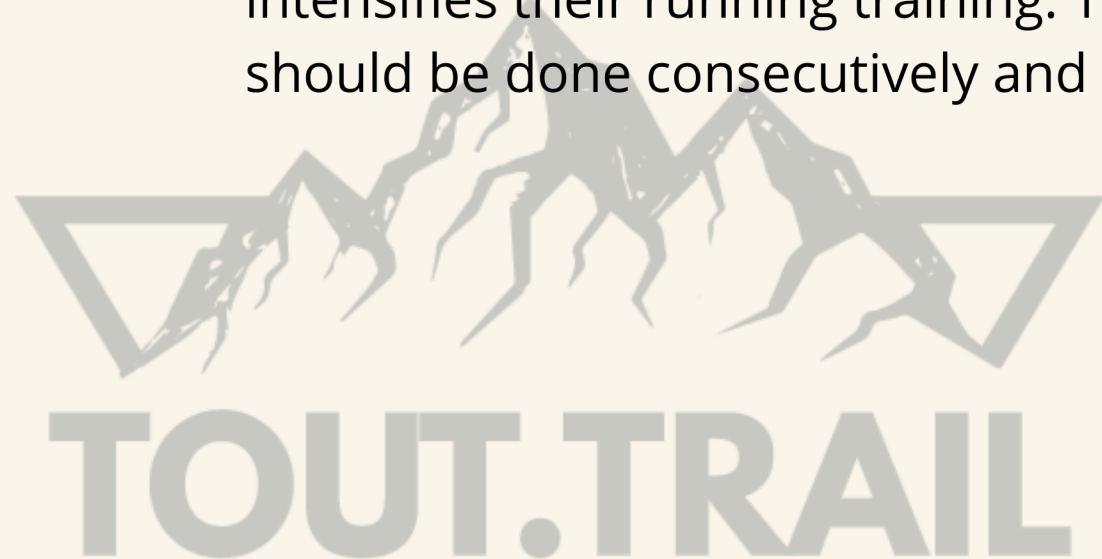
# QMT-32 - PLAN OVERVIEW



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
<b>1</b>						<b>01</b> 30-40 min V1-2	<b>02</b> Long trail run: 1h00-1h10 V1
	<b>03</b> Rest or cross training (swimming, bike, ...)	<b>04</b> 30-40 min V1-2	<b>05</b> 30-40 min V1-2 end with 4x 45 sec fast (V4-5) 45 sec easy	<b>06</b> Rest	<b>07</b> 30-40 min V1-2 end with 4x 45 sec fast (V4-5) 45 sec easy	<b>08</b> Long trail run : 1h-1h30 V1 Party D+ MSA	<b>09</b> Rest or cross training (swimming, bike, ...)
<b>2</b>	<b>10</b> Rest or cross training (swimming, bike, ...)	<b>11</b> 35-45 min V1-2	<b>12</b> Speed work: 10 min V1, 4-6x 2 min V3 2 min easy, 10 min V1	<b>13</b> Rest	<b>14</b> 30-40 min V1-2 end with 4x 45 sec fast (V4-5) 45 sec easy	<b>15</b> Long trail run: 1h00-1h30 V1	<b>16</b> Rest or cross training (swimming, bike, ...)
	<b>17</b> Rest or cross training (swimming, bike, ...)	<b>18</b> 40-50 min V1-2	<b>19</b> Speed work: 10 min V1, 5-8x 30 sec V4 2 min easy, 10 min V1	<b>20</b> Rest	<b>21</b> 30-40 min V1-2	<b>22</b> Long trail run: 1h30-2h V1	<b>23</b> Rest or cross training (swimming, bike, ...)
<b>3</b>	<b>24</b> Rest or cross training (swimming, bike, ...)	<b>25</b> 50-60 min V1-2	<b>26</b> Speed work (hilly road): 10 min V1, 4-6x 5 min V3 2 min easy, 10 min V1	<b>27</b> Rest	<b>28</b> 40-60 min V1-2	<b>29</b> Rest or cross training (swimming, bike, ...)	<b>30</b> Long trail run: 2h-2h15 V1

**Notes**

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

**Training goals**

Gradually incorporate trail running to your training if you usually train on the road.

Include one or two shot muscle-strengthening sessions per week, incorporating proprioception exercises. It's a great habit to get into and one you won't regret!



# APRIL 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	Rest or cross training (swimming, bike, ...) <b>31</b>	<b>01</b> 30-50 min V1-2	<b>02</b> Speed work : 10 min V1, 6-10x 30 sec V4 2 min easy, 10 min V1	<b>03</b> Rest	<b>04</b> 30-50 min V1-2	Rest or cross training (swimming, bike, ...) <b>05</b>	<b>06</b> Long trail run: 1h-1h30 V1
6	Rest or cross training (swimming, bike, ...) <b>07</b>	<b>08</b> 50-60 min V1-2	<b>09</b> Speed work (trail) : 10 min V1, 4-6x (3 min V2 1 min easy, 2 min V3 1 min easy, 1 min V4 1 min easy), 10 min V1	<b>10</b> Rest	<b>11</b> 1h-1h10 V1-2	Rest or cross training (swimming, bike, ...) <b>12</b>	<b>13</b> Long trail run: 1h30-2h V1
7	Rest or cross training (swimming, bike, ...) <b>14</b>	<b>15</b> 50-60 min V1-2	<b>16</b> Speed work : 10 min V1, 6-10x 2 min V4 2 min récup, 10 min V1	<b>17</b> Rest	<b>18</b> 1h-1h10 V1-2	<b>19</b> 30-50 min V1-2 or cross training (swimming, bike, ...)	<b>20</b> Long trail run: 1h45-2h15 V1
8	Rest or cross training (swimming, bike, ...) <b>21</b>	<b>22</b> 50-60 min V1-2	<b>23</b> Speed work (trail) : 10 min V1, 15-20 min V2 5 min récup, 4-8x 1 min V4 1 min récup, 10 min V1	<b>24</b> Rest	<b>25</b> 1h-1h10 V1-2	<b>26</b> 30-50 min V1-2 or cross training (swimming, bike, ...)	<b>27</b> Long trail run: : 2h30-2h45 V1
9	Rest or cross training (swimming, bike, ...) <b>28</b>	<b>29</b> 30-50 min V1-2	<b>30</b> Speed work: 20 min V1, 5x 1 min V4 1 min easy, 15 min V1				

**Notes**

Trails are at risk for being damaged in the spring, some parks will even close off their access during this period. Stay off thawing, muddy trails and consider running on the road instead.

DBe respectful and opt for a beautiful, hilly country road!

**Training goals**

Practice consistency this month, despite changing spring conditions.

Slowly add positive and negative elevation changes to your outings and continue strength training and proprioception.

# MAY 2025



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

**9**  
**10**  
**11**  
**12**  
**13**

			<b>01</b> Rest	<b>02</b> 30-50 min V1-2	<b>03</b> Rest or cross training (swimming, bike, ...)	<b>04</b> Long trail run: 1h10-1h30 V1
<b>05</b> Rest or cross training (swimming, bike, ...)	<b>06</b> 40-60 min V1-2	<b>07</b> Speed work: 10 min V1, 4-8x 4 min V3 3 min easy, 10 min V1	<b>08</b> Rest	<b>09</b> 1h-1h10 V1-2	<b>10</b> 30-50 min V1-2 or cross training (swimming, bike, ...)	<b>11</b> Long trail run: 2h-2h30 V1
<b>12</b> Rest or cross training (swimming, bike, ...)	<b>13</b> 50-60 min V1-2	<b>14</b> Speed work (trail) : 10 min V1, 12 min V2 + 4x 45 sec V5 + 8 min V3 + 4x 30 sec V5 2 min easy between each rep, 10 min V1	<b>15</b> Rest	<b>16</b> 1h-1h10 V1-2	<b>17</b> 30-50 min V1-2 or cross training (swimming, bike, ...)	<b>18</b> Long trail run: 2h15-2h45 V1
<b>19</b> Rest or cross training (swimming, bike, ...)	<b>20</b> 50-60 min V1-2	<b>21</b> Speedwork (hilly road) : 10 min V1, 5-7x 5 min V3 2 min easy, 10 min V1	<b>22</b> Rest	<b>23</b> 1h-1h10 V1-2	<b>24</b> 30-50 min V1-2 or cross training (swimming, bike, ...)	<b>25</b> Long trail run: 2h30-2h50 V1
<b>26</b> Rest or cross training (swimming, bike, ...)	<b>27</b> 30-40 min V1-2	<b>28</b> Speed work: 10 min V1, 6-10x 1 min V5 2 min easy, 10 min V1	<b>29</b> Rest	<b>30</b> 1h-1h10 V1-2	<b>31</b> Rest or cross training (swimming, bike, ...)	

### Notes

Engage in « specific » training. That means running on terrain similar to the one you will encounter at QMT (technical terrain with rocks, roots, mud, ascents and descents).

Time to test the food and equipment you plan to use on race day.

### Training goals

Incorporate as many trail runs as possible. Maintain intensity trainings on stable surfaces (road or clay, for example).

InfEnquire about the foods that will be served at feed zones and incorporate them on your long run trainings.

# JUNE 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13							<b>01</b> Long trail run: 2h45-3h15 V1
14	<b>02</b> Rest or cross training (swimming, bike, ...)	<b>03</b> 40-50 min V1-2	<b>04</b> Speed work trail: 10 min V1, 2x 6 min V3 + 4-6x 2 min V4 + 4-6x 1 min V5 2 min easy between each rep, 10 min V1	<b>05</b> Rest	<b>06</b> 1h-1h10 V1-2	Rest or cross <b>07</b> training (swimming, bike, ...)	<b>08</b> Long trail run: 3h- 3h45 V1
15	<b>09</b> Rest or cross training (swimming, bike, ...)	<b>10</b> 40-60 min V1-2	<b>11</b> Speed work (hilly road): 10 min V1, 2-4x 8 min V3 2 min easy + 4-6x 2 min V4 2 min easy, 10 min V1	<b>12</b> Rest	<b>13</b> WEC day 1: 1h30 V1-2 trail	<b>14</b> WEC day 2: 3h V1-2 trail	<b>15</b> WEC day 3 2h V1-2 trail
16	<b>16</b> Rest	<b>17</b> 40-50 min V1-2	<b>18</b> Speed work: 10 min V1, 5-8x 3 min V4 2 min easy, 10 min V1	Rest or cross <b>19</b> training (swimming, bike, ...)	<b>20</b> 40-60 min V1-2	Rest or cross <b>21</b> training (swimming, bike, ...)	<b>22</b> Long trail run: 2h00-2h15 V1-2
17	<b>23</b> Rest or cross training (swimming, bike, ...)	<b>24</b> 40-50 min V1-2	<b>25</b> Speed work trail: 10 min V1, 10-15 min V2 2 min easy + 6-10x 1 min V4 1 min easy, 10 min V1	<b>26</b> Rest	<b>27</b> 30-40 min V1-2	<b>28</b> Long trail run: 1h15-1h30 V1-2	<b>29</b> Rest or cross training (swimming, bike, ...)

## Notes

Are you an afternoon or evening runner? Get used to running in the morning, because that's when your event will take place. You need to prepare your body in preparation for "D" day!

## Training goals

Continue preparing for climbs through intense hill workouts.

Focus on your recovery, especially as weeks leading to your event pass. Get enough sleep, fuel your body and treat yourself to a well-earned massage.



# JULY 2025



18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest or cross <sup>30</sup> training (swimming, bike, ...)	<sup>01</sup> Speed work trail: 10 min V1, 3x 3 min V3 3 min easy, 5x 1 min V4 1 min easy, 10 min V1	<sup>02</sup> 30-40 min V1-2	<sup>03</sup> Rest	<sup>04</sup> 20-30 min V1-2 End with 4x 30 sec fast (V4-5) 30 sec easy	<sup>05</sup> QC MEGA TRAIL	<sup>06</sup> Rest
<sup>07</sup>	<sup>08</sup>	<sup>09</sup>	<sup>10</sup>	<sup>11</sup>	<sup>12</sup>	<sup>13</sup>
<sup>14</sup>	<sup>15</sup>	<sup>16</sup>	<sup>17</sup>	<sup>18</sup>	<sup>19</sup>	<sup>20</sup>
<sup>21</sup>	<sup>22</sup>	<sup>23</sup>	<sup>24</sup>	<sup>25</sup>	<sup>26</sup>	<sup>27</sup>
<sup>28</sup>	<sup>29</sup>	<sup>30</sup>	<sup>31</sup>			

## Notes

The big day is just around the corner and your hard work is done. It's now time to enjoy the results!

## Training goals

The keyword for this last stretch is: REST! Make sure you also eat and hydrate well (don't consume ANYTHING new). Time to show up at the start line with your best smile and, above all : HAVE FUN!!!!

Happy running!!!!

