

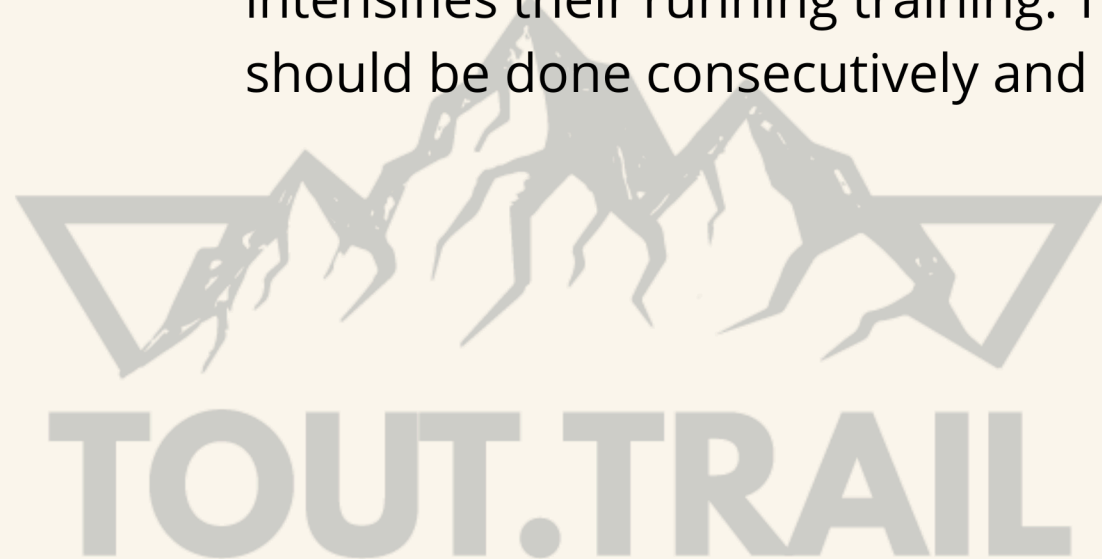
QMT-6 - PLAN OVERVIEW



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.



QMT- 6 - PLAN OVERVIEW



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	78-86%	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
1						01 15 min V1 (nose breathing)	02 18 min V1-2 (hilly road or trail)
	03 Rest or cross training (swimming, bike, ...)	04 20 min V1 (nose breathing)	05 Speed work: 10 min V1, 6x30 sec V5, 1 min rest, 5 min V1	06 20 min V1 OR rest OR cross training	07 Rest or cross training (swimming, bike, ...)	08 Long trail run: : 30 min V1-2 Party D+ MSA	09 20 min V1-2 (hilly road or trail)
2	10 Rest or cross training (swimming, bike, ...)	11 22 min V1 (nose breathing)	12 Speed work: 10 min V1, 8x30 sec V5, 1 min rest, 5 min V1	13 22 min V1 OR rest OR cross training	14 Rest or cross training (swimming, bike, ...)	15 Long trail run: 33 min V1-2	16 22 min V1-2 (hilly road or trail)
	17 Rest or cross training (swimming, bike, ...)	18 25 min V1 (nose breathing)	19 Speed work: 10 min V1, 3x 2min V4, 1 min easy, 5 min V1	20 25 min V1 OR rest OR cross training	21 Rest or cross training (swimming, bike, ...)	22 Long trail run: 36 min V1-2	23 25 min V1-2 (hilly road or trail)
3	24 Rest or cross training (swimming, bike, ...)	25 25 min V1 (nose breathing)	26 Speed work: 10 min V1, 4x 2min V4, 1 min easy, 5 min V1	27 25 min V1 OR rest OR cross training	28 Rest or cross training (swimming, bike, ...)	29 Long trail run: 40 min V1-2	30 25 min V1-2 (hilly road or trail)

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, ...) 31	20 min V1 (nose breathing) 01	Speed work: 10 min V1, 3x 2min V4, 1 min easy, 5 min V1 02	20 min V1 OR rest OR cross training 03	Rest or cross training (swimming, bike, ...) 04	Long trail run: 30 min V1-2 05	20 min V1-2 (hilly road or trail) 06
6	Rest or cross training (swimming, bike, ...) 07	30 min V1 (nose breathing) 08	Speed work (hill) : 10 min V1, 4x 30 sec up hill V4-5, 1 min easy, 5 min V1 09	25 min V1 OR rest OR cross training 10	Rest or cross training (swimming, bike, ...) 11	Long trail run: 40 min V1-2 12	25 min V1-2 (hilly road or trail) 13
7	Rest or cross training (swimming, bike, ...) 14	30 min V1 (nose breathing) 15	Speed work (hill) : 10 min V1, 6x 30 sec up hill V4-5, 1 min easy, 5 min V1 16	25 min V1 OR rest OR cross training 17	Rest or cross training (swimming, bike, ...) 18	Long trail run: 45 min V1-2 19	25 min V1-2 (hilly road or trail) 20
8	Rest or cross training (swimming, bike, ...) 21	30 min V1 (nose breathing) 22	Speed work : 10 min V1, 3 min V3, 1 min V1, 2 min V4, 1 min V1, 3 min V3, 5 min V1 23	25 min V1 OR rest OR cross training 24	Rest or cross training (swimming, bike, ...) 25	Long trail run: 50 min V1-2 26	25 min V1-2 (hilly road or trail) 27
9	Rest or cross training (swimming, bike, ...) 28	25 min V1 (nose breathing) 29	Speed work (hill) : 10 min V1, 4x 30 sec up hill V4-5, 1 min easy, 5 min V1 30				

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				01 20 min V1 OR rest OR cross training	02 Rest or cross training (swimming, bike, ...)	03 Long trail run: 40 min V1-2	04 20 min V1-2 (hilly road or trail)
10	05 Rest or cross training (swimming, bike, ...)	06 30 min V1 (nose breathing)	07 Speed work (hill) : 10 min V1, 4x 1 min up hill V4 - 2 min easy, 5 min V1	08 25 min V1 OR rest OR cross training	09 Rest or cross training (swimming, bike, ...)	10 Long trail run: 50 min V1-2	11 25 min V1-2 (hilly road or trail)
11	12 Rest or cross training (swimming, bike, ...)	13 30 min V1 (nose breathing)	14 Speed work (hill) : 10 min V1, 6x 1 min up hill V4 - 2 min easy, 5 min V1	15 25 min V1 OR rest OR cross training	16 Rest or cross training (swimming, bike, ...)	17 Long trail run: 55 min V1-2	18 25 min V1-2 (hilly road or trail)
12	19 Rest or cross training (swimming, bike, ...)	20 30 min V1 (nose breathing)	21 Speed work (hill) : 10 min V1, 7x 1 min up hill V4 - 2 min easy, 5 min V1	22 25 min V1 OR rest OR cross training	23 Rest or cross training (swimming, bike, ...)	24 Long trail run: 60 min V1-2	25 25 min V1-2 (hilly road or trail)
13	26 Rest	27 25 min V1 (nose breathing)	28 Speed work : 10 min V1, 2 min V3, 1 min V1, 1 min V4, 1 min V1, 2 min V3, 10 min V1	29 20 min V1 OR rest OR cross training	30 Rest or cross training (swimming, bike, ...)	31 Long trail run: 50 min V1-2	

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							01 20 min V1-2 (hilly road or trail)
14	02 Rest or cross training (swimming, bike, ...)	03 30 min V1 (nose breathing)	04 Speed work : 10 min V1, 3 min V3, 1 min V1, 1 min V4, 1 min V1, 3 min V3, 10 min V1	05 20 min V1 OR rest OR cross training	06 Rest or cross training (swimming, bike, ...)	07 Long trail run: 60 min V1-2	08 25 min V1-2 (hilly road or trail)
15	09 Rest or cross training (swimming, bike, ...)	10 30 min V1 (nose breathing)	11 Speed work (hill) : 10 min V1, 8x 1 min up hill V4 - 2 min easy, 5 min V1	12 20 min V1 OR rest OR cross training	13 Rest or cross training (swimming, bike, ...)	14 Long trail run: 50-65 min V1-2	15 25 min V1-2 (hilly road or trail)
16	16 Rest or cross training (swimming, bike, ...)	17 30 min V1 (nose breathing)	18 Speed work (hill) : 10 min V1, 7x 1 min up hill V4 - 2 min easy, 4x 30 sec V4-5 - 1 min easy, 5 min V1	19 20 min V1 OR rest OR cross training	20 Rest or cross training (swimming, bike, ...)	21 Long trail run: 55-70 min V1-2	22 25 min V1-2 (hilly road or trail)
17	23 Rest or cross training (swimming, bike, ...)	24 30 min V1 (nose breathing)	25 Speed work : 10 min V1, 4 min V3, 1 min V1, 30 sec V5, 1 min V1, 1 min V4, 4 min V3, 10 min V1	26 20 min V1 OR rest OR cross training	27 Rest or cross training (swimming, bike, ...)	28 Long trail run: 50-65 min V1-2, 5 min V2-3 (finish strong)	29 Rest

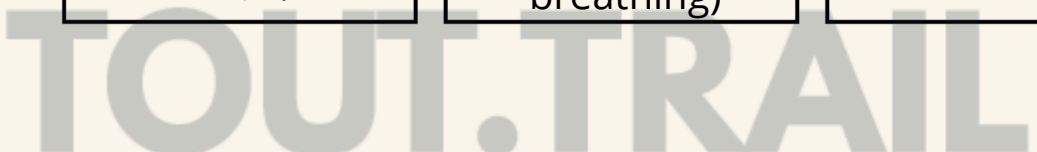
Notes

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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 20 min V1-2	01 Speed work : 10 min V1, 6x 1 min V4, 2 min easy, 5 min V1	02 Rest	03 Speed work : 10 min V1, 6x 30 sec V5, 1 min easy, 5 min V1	04 Rest	05 Shake out run: 10 min V1, 5 min V2, 5 min V3 (finish strong!)	06 QC MEGA TRAIL
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

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!!!!

