

QMT135

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 Zone

Speed	Breathing Capacity	Perceived Effort Level
V1	Easy	1-3/10
V2	Hard to speak a full sentence	3-5/10
V3	Hard to speak 3 consecutive words	5-6/10
V4	Hard to talk	7-8/10
V5	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.

JANUARY

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|---|--|
| 1 | 30 min V1 hilly road or trail |
| 2 | Rest or crosstraining (bike, swim, etc.) |
| 3 | Long easy run: 1h30 V1 |
| 4 | 50min V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest |

Week 1

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|----|--|
| 5 | Rest or crosstraining (bike, swim, etc.) |
| 6 | 45 min V1 |
| 7 | Speed work: 15 min V1, 5x 1 min V3 1 min rest, 5x 1 min V4 1 min rest, 10 min V1 |
| 8 | 35-45 min V1 hilly road or trail |
| 9 | Rest or crosstraining (bike, swim, etc.) |
| 10 | Long trail run: 1h30-1h45 V1 |
| 11 | 50min V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest |

Week 2

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|----|--|
| 12 | Rest or crosstraining (bike, swim, etc.) |
| 13 | 45-50 min V1 |
| 14 | Speed work: 15 min V1, 5x 1 min V3 1 min rest, 8x 1 min V4 1 min rest, 10 min V1 |
| 15 | 35-45 min V1 hilly road or trail |
| 16 | Rest or crosstraining (bike, swim, etc.) |
| 17 | Long trail run: 1h30-2h V1 |

18	50min V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest
Week 3	
19	Rest or crosstraining (bike, swim, etc.)
20	40-50 min V1
21	Speed work: 15 min V1, 5x 1 min V3 1 min rest, 10x 1 min V4 1 min rest, 10 min V1
22	50-55 min V1 hilly road or trail
23	Rest or crosstraining (bike, swim, etc.)
24	Long trail run: 1h30-2h V1
25	50min V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest
Week 4 - Rest week	
26	Rest or crosstraining (bike, swim, etc.)
27	30 min V1
28	Speed work: 15 min V1, 5x 1 min V3 1 min rest, 5x 1 min V4 1 min rest, 10 min V1
29	30 min V1 hilly road or trail
30	Rest or crosstraining (bike, swim, etc.)
31	Long trail run: 1h V1

Notes and Objectives

Winter is the perfect time to switch things up and enjoy winter sports! Feel free to skip one weekly run and replace it with another activity. Adjust your training intensity based on weather conditions. You can also use a treadmill if managing the cold is a challenge (no judgment, we promise 🙄).

FEBRUARY

1	50min V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest
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Week 5

2	Rest or crosstraining (bike, swim, etc.)
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3	40-45 min V1
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4	Speedwork: 20 min V1, 5x 1 min V4 uphill 1 min rest, 15 min V1
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5	35-45 min V1 hilly road or trail
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6	Rest or crosstraining (bike, swim, etc.)
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7	Long trail run: 1h30-2h V1
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8	1h V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest
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Week 6

9	Rest or crosstraining (bike, swim, etc.)
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10	40-50 min V1
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11	Speed work: 20 min V1, 8x 1 min V4 uphill 1 min rest, 15 min V1
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12	35-55 min V1 hilly road or trail
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13	Rest or crosstraining (bike, swim, etc.)
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14	Long trail run: 1h45-2h V1
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15	1h V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest
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Week 7

16	Rest or crosstraining (bike, swim, etc.)
17	50-60 min V1
18	Speed work: 20 min V1, 10x 1 min V4 uphill 1 min rest, 15 min V1
19	40-50 min V1 hilly road or trail
20	Rest or crosstraining (bike, swim, etc.)
21	Long trail run: 1h50-2h15 V1
22	1h V1-2 (road or trail) End with 5x30 sec fast (V4-5) 30 sec rest

Week 8 - Rest week

23	Rest or crosstraining (bike, swim, etc.)
24	30 min V1
25	Speed work: 20 min V1, 3x 1 min V4 1 min rest, 15 min V1
26	35 min V1 hilly road or trail
27	Rest or crosstraining (bike, swim, etc.)
28	Long trail run: 2h-2h30 V1

Notes and Objectives:

There's no benefit to increasing your long runs or training volume too quickly early in the season. The risk of overuse injuries (tendinopathy, hip or knee pain) rises when training load ramps up too fast. No need to rush—cross-training is an excellent way to channel that extra energy!

MARCH

1	45 min V1-2 (road or trail)
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Week 9

2	Rest or crosstraining (bike, swim, etc.)
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3	45 min V1
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4	Speed work: 20 min V1, 5x 1 min V4 1 min rest, 15 min V1
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5	50-60 min V1 hilly road or trail
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6	Rest or crosstraining (bike, swim, etc.)
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7	Long trail run: 2h15-2h45 V1
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8	45 min V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec rest
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Week 10

9	Rest or crosstraining (bike, swim, etc.)
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10	50 min V1
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11	Speed work: 20 min V1, 10x 1 min V4 1 min rest, 15 min V1
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12	50-60 min V1 hilly road or trail
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13	Rest or crosstraining (bike, swim, etc.)
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14	Long trail run: 2h30-3h V1
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15	55 min V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec rest
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Week 11

16	Rest or crosstraining (bike, swim, etc.)
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17	50-60 min V1
18	Speed work: 15 min V1, 15x 1 min V4 1 min rest, 15 min V1
19	55-65 min V1 hilly road or trail
20	Rest or crosstraining (bike, swim, etc.)
21	Long trail run: 3h-3h15 V1
22	1h V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec rest
Week 12 - Rest week	
23	Rest or crosstraining (bike, swim, etc.)
24	30 min V1
25	Speed work: 15 min V1, 5x 1 min V4 1 min rest, 10 min V1
26	40-50 min V1 hilly road or trail
27	Rest or crosstraining (bike, swim, etc.)
28	Long trail run: 1h30 V1
29	45 min V1-2 (road or trail) End with 3x1 min fast (V4-5) 30 sec rest
Week 13	
30	Rest or crosstraining (bike, swim, etc.)
31	50-60 min V1

Notes et Objectives:

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

Remember to do 1 or 2 strengthening sessions a week!

APRIL

1	Speed work: 10 min V1, 5 min V3, 1 min rest, 3x 2min V4 1 min rest, 5 min V3, 10 min V1
2	55-65 min V1 hilly road or trail
3	Rest or crosstraining (bike, swim, etc.)
4	Long trail run: 3h V1
5	1h V1-2 (road or trail) End with 6x1 min fast (V4-5) 30 sec rest

Week 14

6	30 min V1-2 hilly road
7	55-65 min V1
8	Speed work: 10 min V1, 8 min V3, 1 min rest, 4x 2min V4 1 min rest, 8 min V3, 10 min V1
9	40-50 min V1 hilly road or trail
10	Rest or crosstraining (bike, swim, etc.)
11	Long trail run: 3h30 V1
12	1h V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec rest

Week 15

13	35 min V1-2 hilly road
14	1h-1h15 V1
15	Speed work: 10 min V1, 10 min V3, 1 min rest, 5x 2min V4 1 min rest, 10 min V3, 10 min V1
16	1h-1h10 V1 hilly road or trail
17	Rest or crosstraining (bike, swim, etc.)

18	Long trail run 4h V1
19	1h15 V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec rest
Week 16 - Rest week	
20	Rest or crosstraining (bike, swim, etc.)
21	35-40 min V1
22	Speed work: 10 min V1, 2x10 min V3, 1 min rest, 10 min V1
23	40-50 min V1 hilly road or trail
24	Rest or crosstraining (bike, swim, etc.)
25	Long easy trail: 1h30-2h V1
26	45 min V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec rest
Week 17	
27	20 min V1-2 hilly road
28	1h-1h10 V1
29	Speed work: 15 min V1, 8x 2 min uphill V4 down hill easy, 15 min V1
30	40-50 min V1 hilly road or trail

Notes et Objectives:

Spring training can be tough. Respect the trails and opt for dirt roads if conditions aren't conducive to trail running. Breathe through your nose and aim for 3,500 to 5,000m of positive altitude gain in April.

Keep up your weight training.

MAY

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|---|--|
| 1 | Rest or crosstraining (bike, swim, etc.) |
| 2 | Long trail run: 4-5h V1 |
| 3 | 1h30 V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec rest |

Week 18

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|----|--|
| 4 | 30 min V1-2 hilly road |
| 5 | 1h10-1h20 V1 |
| 6 | Speed work: 15 min V1, 10x 2 min uphill V4 down hill easy, 15 min V1 |
| 7 | 40-50 min V1 hilly road or trail |
| 8 | Rest or crosstraining (bike, swim, etc.) |
| 9 | Long trail run: 5-6h V1 |
| 10 | 1h45 V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec rest |

Week 19

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|----|--|
| 11 | 30 min V1-2 hilly road |
| 12 | 1h20-1h30 V1 |
| 13 | Speed work: 15 min V1, 15x 2 min uphill V4 down hill easy, 15 min V1 |
| 14 | Rest |
| 15 | WEC day 1: 2h V1-2 trail (night run) |
| 16 | WEC day 2: 5h V1-2 trail |
| 17 | WEC day 3: 3h V1-2 trail |

Week 20 - Rest week

18	Rest
19	20-30 min V1
20	Rest or crosstraining (bike, swim, etc.)
21	40-50 min V1 hilly road or trail
22	Rest or crosstraining (bike, swim, etc.)
23	Long trail run: 2h00 - 2h15 V1
24	50 min V1-2 (road or trail) End with 4x1 min fast (V4-5) 30 sec rest

Week 21

25	25 min V1-2 hilly road
26	1h-1h15 V1
27	Speed work: 20 min V1, 12x 30 sec V5 30 sec rest, 20 min V1
28	1h V1 hilly road or trail
29	Rest or crosstraining (bike, swim, etc.)
30	Long trail run: 6h-7h V1
31	1h30 V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec rest

Notes et Objectives:

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

Week 22

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|---|--|
| 1 | 30 min V1-2 hilly road |
| 2 | 1h10-1h20 V1 |
| 3 | Speed work: 20 min V1, 17x 30 sec V5 30 sec rest, 20 min V1 |
| 4 | 1h V1 hilly road or trail |
| 5 | Rest or crosstraining (bike, swim, etc.) |
| 6 | Long trail run: 7-8h V1 |
| 7 | 2h V1-2 (road or trail) End with 8x1 min fast (V4-5) 30 sec rest |

Week 23

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|----|---|
| 8 | 30 min V1-2 hilly road |
| 9 | 1h20-1h30 V1 |
| 10 | Speed work: 20 min V1, 20x 30 sec V5 30 sec rest, 20 min V1 |
| 11 | Rest |
| 12 | WEC day 1: 3h V1-2 trail (night run) |
| 13 | WEC day 2: 9h V1-2 trail |
| 14 | WEC day 3: 4h V1-2 trail |

Week 24

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|----|--|
| 15 | Rest or crosstraining (bike, swim, etc.) |
| 16 | 40-50 min V1 hilly road or trail |

17	Speed work: 15 min V1, 7x 2 min V4 1 min rest, 5x 30 sec V5 30 sec rest, 10 min V1
18	1h-1h15 V1 hilly road or trail
19	Rest or crosstraining (bike, swim, etc.)
20	Long trail run: 4h00 - 4h30 V1-2
21	1h V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec rest

Week 25 - Taper week 1

22	Rest or crosstraining (bike, swim, etc.)
23	40-45 min V1 hilly road or trail
24	Speed work: 15 min V1, 5x 2 min V4 1 min rest, 5x 30 sec V5 30 sec rest, 10 min V1
25	25-30 min V1 ou rest
26	Long trail run: 1h15 - 1h30 V1-2
27	1h V1-2 (road or trail) End with 5x1 min fast (V4-5) 30 sec rest
28	Rest or crosstraining (bike, swim, etc.)

Week 26 - Taper week 2

29	Speed work: 10 min V1, 5x 2 min V4 1 min rest, 10 min V1
20	30-40 min V1

Notes et Objectives:

Start getting used to running at the time your race will start (at night for the QMT135). This will allow your body to get accustomed to the schedule, especially if you tend to run more often in the afternoon or evening. m for 9,000 to 10,000m of positive altitude gain in June.

Continue testing equipment and nutrition.

Optimize sleep and recovery through stretching exercises.

JULY

1	Rest
2	Shake out run: 10 min V1, 5x 30 sec V5 30 sec rest, 10 min V1
3	RACE DAY QMT135!!
4	RACE DAY QMT135!!
5	REST!

Notes et Objectives:

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

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!

