

QMT25

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 represent 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.

MARCH

| | |
|---|------------------------------|
| 1 | Long trail run: 1h00-1h10 V1 |
|---|------------------------------|

Week 1

| | |
|---|--|
| 2 | Rest or crosstraining (bike, swim, etc.) |
|---|--|

| | |
|---|----------------|
| 3 | 30-40 min V1-2 |
|---|----------------|

| | |
|---|---|
| 4 | 30-40 min V1-2 End with 4x 45 sec fast (V4-5) 45 sec easy |
|---|---|

| | |
|---|------|
| 5 | Rest |
|---|------|

| | |
|---|---|
| 6 | 30-40 min V1-2 End with 4x 45 sec fast (V4-5) 45 sec easy |
|---|---|

| | |
|---|--|
| 7 | Rest or crosstraining (bike, swim, etc.) |
|---|--|

| | |
|---|------------------------------|
| 8 | Long trail run: 1h00-1h10 V1 |
|---|------------------------------|

Week 2

| | |
|---|--|
| 9 | Rest or crosstraining (bike, swim, etc.) |
|---|--|

| | |
|----|----------------------|
| 10 | 30-40 min V1 roulant |
|----|----------------------|

| | |
|----|--|
| 11 | Speed work: 10 min V1, 4-6x 2 min V3 2 min easy, 10 min V1 |
|----|--|

| | |
|----|------|
| 12 | Rest |
|----|------|

| | |
|----|---|
| 13 | 30-40 min V1-2 End with 4x 45 sec fast (V4-5) 45 sec easy |
|----|---|

| | |
|----|------------------------------|
| 14 | Long trail run: 1h00-1h15 V1 |
|----|------------------------------|

| | |
|----|--|
| 15 | Rest or crosstraining (bike, swim, etc.) |
|----|--|

Week 3

| | |
|----|--|
| 16 | Rest or crosstraining (bike, swim, etc.) |
|----|--|

| | |
|---------------|---|
| 17 | 30-40 min V1-2 |
| 18 | Speed work: 10 min V1, 5-8x 30 sec V4 up hill 2 min easy, 10 min V1 |
| 19 | Rest |
| 20 | 30-40 min V1-2 |
| 21 | Long trail run: 1h30-1h45 V1 |
| 22 | Rest or crosstraining (bike, swim, etc.) |
| Week 4 | |
| 23 | Rest or crosstraining (bike, swim, etc.) |
| 24 | 40-60 min V1-2 |
| 25 | Speed work: 10 min, V1 4-6x 5 min V3 2 min easy, 10 min V1 |
| 26 | Rest |
| 27 | 40-60 min V1-2 |
| 28 | Rest or crosstraining (bike, swim, etc.) |
| 29 | Long trail run: 1h30-1h45 V1 |
| Week 5 | |
| 30 | Rest or crosstraining (bike, swim, etc.) |
| 31 | 30-50 min V1-2 |

Notes and Objectives:

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

1 Speed work: 10 min V1, 6-10x 30 sec V4 up hill 2 min easy, 10 min V1

2 Rest

3 30-50 min V1-2

4 Rest or crosstraining (bike, swim, etc.)

5 Long trail run: 1h-1h15 V1

Week 6

6 Rest or crosstraining (bike, swim, etc.)

7 40-60 min V1-2

8 Speed work trail: 10 min V1 4-6x (3 - 2 - 1 min V2 -> V4) r : 1 min 10 min V1

9 Rest

10 40-60 min V1-2

11 Rest or crosstraining (bike, swim, etc.)

12 Long trail run: 1h15-1h30 V1

Week 7

13 Rest or crosstraining (bike, swim, etc.)

14 40-60 min V1-2

15 Speed work: 10 min V1, 6-10x 2 min V4 up hill 2 min easy, 10 min V1

16 Rest

17 40-60 min V1-2

| | |
|---------------|--|
| 18 | 30-50 min V1-2 or crosstraining (bike, swim, etc.) |
| 19 | Long trail run: 1h30-1h45 V1 |
| Week 8 | |
| 20 | Rest or crosstraining (bike, swim, etc.) |
| 21 | 40-60 min V1-2 |
| 22 | Speed work trail: 10 min V1, 15-20 min V2 5 min easy + 4-8x 1 min V4 1 min easy, 10 min V1 |
| 23 | Rest |
| 24 | 40-60 min V1-2 |
| 25 | 30-50 min V1-2 or crosstraining (bike, swim, etc.) |
| 26 | Long trail run: 2h00-2h15 V1 |
| Week 9 | |
| 27 | Rest or crosstraining (bike, swim, etc.) |
| 28 | 30-50 min V1-2 |
| 29 | Speed work: 20 min V1, 5x 1 min V4 1 min rest, 15 min V1 |
| 30 | Rest |

Notes and Objectives:

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. Be respectful and opt for a beautiful, hilly country road! 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

1 30-50 min V1-2

2 Rest or crosstraining (bike, swim, etc.)

3 Long trail run: 1h10-1h30 V1

Week 10

4 Rest or crosstraining (bike, swim, etc.)

5 40-60 min V1-2

6 Speed work: 10 min V1, 4-8x 4 min V3 up hill 3 min easy, 10 min V1

7 Rest

8 40-60 min V1-2

9 30-50 min V1-2 or crosstraining (bike, swim, etc.)

10 Long trail run: 1h30-1h45 V1

Week 11

11 Rest or crosstraining (bike, swim, etc.)

12 50-60 min V1-2

13 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 set, 10 min V1

14 Rest

15 50-60 min V1-2

16 30-50 min V1-2 or crosstraining (bike, swim, etc.)

17 Long trail run: 2h00-2h15 V1

Week 12

| | |
|----|--|
| 18 | Rest or crosstraining (bike, swim, etc.) |
| 19 | 50-60 min V1-2 |
| 20 | Speed work: 10 min V1, 5-7x 5 min V3 2 min easy, 10 min V1 |
| 21 | Rest |
| 22 | 50-60 min V1-2 |
| 23 | 30-50 min V1-2 or crosstraining (bike, swim, etc.) |
| 24 | Long trail run: 2h15-2h30 V1 |

Week 13

| | |
|----|---|
| 25 | Rest or crosstraining (bike, swim, etc.) |
| 26 | 30-40 min V1-2 |
| 27 | Speed work: 10 min V1, 6-10x 1 min V5 up hill 2 min easy, 10 min V1 |
| 28 | Rest |
| 29 | 40-50 min V1-2 |
| 30 | Rest or crosstraining (bike, swim, etc.) |
| 31 | Long trail run: 1h15-1h30 V1 |

Notes and Objectives:

Oge 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. orate as many trail runs as possible. Maintain intensity trainings on stable surfaces (road or clay, for example). Enquire about the foods that will be served at feed zones and incorporate them on your long run trainings.

JUNE

Week 14

| | |
|---|---|
| 1 | Rest or crosstraining (bike, swim, etc.) |
| 2 | 40-50 min V1-2 |
| 3 | 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 set, 10 min V1 |
| 4 | Rest |
| 5 | 40-60 min V1-2 |
| 6 | Rest or crosstraining (bike, swim, etc.) |
| 7 | Long trail run: 1h30-1h45 V1 |

Week 15

| | |
|----|---|
| 8 | Rest or crosstraining (bike, swim, etc.) |
| 9 | 40-60 min V1-2 |
| 10 | Speed work: 10 min V1, 2-4x 8 min V3 2 min easy + 4-6x 2 min V4 2 min easy, 10 min V1 |
| 11 | Rest |
| 12 | 40-60 min V1-2 |
| 13 | Rest or crosstraining (bike, swim, etc.) |
| 14 | Long trail run: 1h45-2h00 V1 |

Week 16

| | |
|----|--|
| 15 | Rest or crosstraining (bike, swim, etc.) |
| 16 | 40-50 min V1-2 |

| | |
|-------------------------------|---|
| 17 | Speed work: 10 min V1, 5-8x 3 min V4 up hill 2 min easy, 10 min V1 |
| 18 | Rest |
| 19 | 40-60 min V1-2 |
| 20 | Rest or crosstraining (bike, swim, etc.) |
| 21 | Long trail run: 2h00-2h15 V1-2 |
| Week 17 - Taper week 1 | |
| 22 | Rest or crosstraining (bike, swim, etc.) |
| 23 | 40-50 min V1-2 |
| 24 | Speed work trail: 10 min V1, 10-15 min V2 2 min easy + 6-10x 1 min V4 1 min easy, 10 min V1 |
| 25 | Rest |
| 26 | 30-40 min V1-2 |
| 27 | Long trail run: 1h10-1h20 V1-2 |
| 28 | Rest or crosstraining (bike, swim, etc.) |
| Week 18 - Taper week 2 | |
| 29 | Rest or crosstraining (bike, swim, etc.) |
| 30 | 30-40 min V1 |

Notes and Objectives:

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! 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

| | |
|---|---|
| 1 | Speed work : 10 min V1, 3x 3 min V3 3 min easy, 5x 1 min V4 1 min easy, 10 min V1 |
| 2 | 30-40 min V1-2 |
| 3 | Rest |
| 4 | Shake out run : 10 min V1, 4x 30 sec V5 30 sec rest, 10 min V1 |
| 5 | RACE DAY QMT25!! |

Notes and Objectives:

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

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!!!!

