QMT32

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 is 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 1and 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 professionnal should you experience any pain or discomfort along the way.

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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 runl: 1h30 V1
Week 2	
9	Rest or crosstraining (bike, swim, etc.)
10	35-45 min V1
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: 1h00-1h30 V1
15	Rest ou crosstraining (bike, swim, etc.)
Week 3	
16	Rest or crosstraining (bike, swim, etc.)

17	40-50 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 easy trail: 1h30-2h V1
22	Rest or crosstraining (bike, swim, etc.)
Week 4	
23	Rest or crosstraining (bike, swim, etc.)
24	50-60 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: 2h-2h15 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-1h30 V1
Week 6	
6	Rest or crosstraining (bike, swim, etc.)
7	50-60 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	1h-1h10 min V1-2
11	Rest or crosstraining (bike, swim, etc.)
12	Long trail run 1h30-2h V1
Week 7	
13	Rest or crosstraining (bike, swim, etc.)
14	50-60 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	1h-1h10 min V1-2

18	30-50 min V1-2 or crosstraining (bike, swim, etc.)
19	Rest or crosstraining (bike, swim, etc.)
Week 8	
20	Rest or crosstraining (bike, swim, etc.)
21	50-60 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	1h-1h10 min V1-2
25	30-50 min V1-2 or crosstraining (bike, swim, etc.)
26	Long trail run: 2h30-2h45 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	1h-1h10 min V1-2
9	30-50 min V1-2 or crosstraining (bike, swim, etc.)
10	Long trail run: 2h-2h30 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	1h-1h10 min V1-2
16	30-50 min V1-2 or crosstraining (bike, swim, etc.)
17	Long trail run: 2h15-2h45 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	1h-1h10 min V1-2
23	30-50 min V1-2 or crosstraining (bike, swim, etc.)
24	Long trail run: 2h30-2h50 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	1h-1h10 min V1-2
30	Rest or crosstraining (bike, swim, etc.)
31	Long trail run: 2h45-3h15 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	1h-1h10 min V1-2
6	Rest or crosstraining (bike, swim, etc.)
7	Long trail run: 3h-3h45 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	WEC day 1: 1h30-2h V1-2 trail
13	WEC day 2: 3h V1-2 trail
14	WEC day 3: 2h V1-2 trail
Week 16	
15	Rest
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: 1h15-1h30 V1-2
28	Rest or crosstraining (bike, swim, etc.)
Week 18 - Taper week 2	
29	Rest or crosstraining (bike, swim, etc.)
30	Speed work : 10 min V1, 3x 3 min V3 3 min easy, 5x 1 min V4 1 min easy, 10 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	30-40 min V1-2
2	Rest
3	Shake out run : 10 min V1, 4x 30 sec V5 30 sec rest, 10 min V1
4	RACE DAY QMT32!!
5	REST!

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!

he 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!!!!

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