

# QMT6

## 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.**

## MARCH

1	18 min V1-2 (hilly road or trail)
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### Week 1

2	Rest or crosstraining (bike, swim, etc.)
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3	20 min V1 (nose breathing)
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4	Speed work: 10 min V1, 6x 30 sec V5, 1 min rest, 5 min V1
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5	20 min V1 OR rest OR crosstraining (bike, swim, etc.)
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6	Rest or crosstraining (bike, swim, etc.)
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7	Trail run 30 min V1-2
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8	20 min V1-2 (hilly road or trail)
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### Week 2

9	Rest or crosstraining (bike, swim, etc.)
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10	22 min V1 (nose breathing)
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11	Speed work: 10 min V1, 8x 30 sec V5, 1 min rest, 5 min V1
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12	22 min V1 OR rest OR crosstraining (bike, swim, etc.)
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13	Rest or crosstraining (bike, swim, etc.)
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14	Long trail run min V1-2
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15	22min V1-2 (hilly road or trail)
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### Week 3

16	Rest or crosstraining (bike, swim, etc.)
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17	25 min V1 (nose breathing)
18	Speed work: 10 min V1, 3x 2 min V4, 1 min rest, 5 min V1
19	25 min V1 OR rest OR crosstraining (bike, swim, etc.)
20	Rest or crosstraining (bike, swim, etc.)
21	Long trail run 36 min V1-2
22	25 min V1-2 (hilly road or trail)
<b>Week 4</b>	
23	Rest or crosstraining (bike, swim, etc.)
24	25 min V1 (nose breathing)
25	Speed work: 10 min V1, 4x 2 min V4, 1 min rest, 5 min V1
26	25 min V1 OR rest OR crosstraining (bike, swim, etc.)
27	Rest or crosstraining (bike, swim, etc.)
28	Long trail run 40 min V1-2
29	25 min V1-2 (hilly road or trail)
<b>Week 5</b>	
30	Rest or crosstraining (bike, swim, etc.)
31	20 min V1 (nose breathing)

### Notes and Objectives:

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

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|---|--|
| 1 | Speed work: 10 min V1, 3x 2 min V4, 1 min rest, 5 min V1 |
| 2 | 25 min V1 OR rest OR crosstraining (bike, swim, etc.)    |
| 3 | Rest or crosstraining (bike, swim, etc.)                 |
| 4 | Long trail run 30 min V1                                 |
| 5 | 25 min V1-2 (hilly road or trail)                        |

**Week 6**

- |    |   |
|----|---|
| 6  | Rest or crosstraining (bike, swim, etc.)                            |
| 7  | 30 min V1 (nose breathing)  |
| 8  | Speed work: 10 min V1, 4x 30 sec up hill V4-5, 1 min easy, 5 min V1 |
| 9  | 25 min V1 OR rest OR crosstraining (bike, swim, etc.)               |
| 10 | Rest or crosstraining (bike, swim, etc.)                            |
| 11 | Long trail run 40 min V1-2  |
| 12 | 25 min V1-2 (hilly road or trail)                                   |

**Week 7**

- |    |   |
|----|---|
| 13 | Rest or crosstraining (bike, swim, etc.)                            |
| 14 | 30 min V1 (nose breathing)  |
| 15 | Speed work: 10 min V1, 6x 30 sec up hill V4-5, 1 min easy, 5 min V1 |
| 16 | 25 min V1 OR rest OR crosstraining (bike, swim, etc.)               |
| 17 | Rest or crosstraining (bike, swim, etc.)                            |

18	Long trail run 45 min V1-2
19	25 min V1-2 (hilly road or trail)
<b>Week 8</b>	
20	Rest or crosstraining (bike, swim, etc.)
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 crosstraining (bike, swim, etc.)
24	Rest or crosstraining (bike, swim, etc.)
25	Long trail run 50 min V1-2
26	25 min V1-2 (hilly road or trail)
<b>Week 9</b>	
27	Rest or crosstraining (bike, swim, etc.)
28	25 min V1 (nose breathing)
29	Speed work: 10 min V1, 4x 30 sec up hill V4-5, 1 min easy, 5 min V1
30	25 min V1 OR rest OR crosstraining (bike, swim, etc.)

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

2 Long trail run 40 min V1

3 20 min V1-2 (hilly road or trail)

**Week 10**

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

5 30 min V1 (nose breathing)

6 Speed work: 10 min V1, 4x 1 min V4 up hill, 2 min easy, 5 min V1

7 25 min V1 OR rest OR crosstraining (bike, swim, etc.)

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

9 Long trail run 50 min V1-2

10 25 min V1-2 (hilly road or trail)

**Week 11**

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

12 30 min V1 (nose breathing)

13 Speed work: 10 min V1, 6x 1 min V4 up hill, 2 min easy, 5 min V1

14 25 min V1 OR rest OR crosstraining (bike, swim, etc.)

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

16 Long trail run (technical trail) 55 min V1-2

17 25 min V1-2 (hilly road or trail)

## Week 12

18	Rest or crosstraining (bike, swim, etc.)
19	30 min V1 (nose breathing)
20	Speed work: 10 min V1, 7x 1 min V4 up hill, 2 min easy, 5 min V1
21	25 min V1 OR rest OR crosstraining (bike, swim, etc.)
22	Rest or crosstraining (bike, swim, etc.)
23	Long trail run (technical trail) 60 min V1-2
24	25 min V1-2 (hilly road or trail)

## Week 13

25	Rest
26	25 min V1 (nose breathing)
27	Speed work: 10 min V1, 2 min V3, 1 min V1, 1 min V4, 1 min V1, 2 min V3, 10 min V1
28	25 min V1 OR rest OR crosstraining (bike, swim, etc.)
29	Rest or crosstraining (bike, swim, etc.)
30	Long trail run (technical trail) 50 min V1
31	20 min V1-2 (hilly road or trail)

### 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 | 30 min V1 (nose breathing)  |
| 3 | Speed work: 10 min V1, 3 min V3, 1 min 4, 1 min V1, 1 min V4, 3 min V3, 10 min V1 |
| 4 | 25 min V1 OR rest OR crosstraining (bike, swim, etc.)                             |
| 5 | Rest or crosstraining (bike, swim, etc.)  |
| 6 | Long trail run (technical trail) 60 min V1-2                                      |
| 7 | 25 min V1-2 (hilly road or trail)   |

### Week 15

- |    |  |
|----|--|
| 8  | Rest or crosstraining (bike, swim, etc.)                         |
| 9  | 30 min V1 (nose breathing)                                       |
| 10 | Speed work: 10 min V1, 8x 1 min V4 up hill, 2 min easy, 5 min V1 |
| 11 | 25 min V1 OR rest OR crosstraining (bike, swim, etc.)            |
| 12 | Rest or crosstraining (bike, swim, etc.)                         |
| 13 | Long trail run (technical trail) 50-65 min V1-2                  |
| 14 | 25 min V1-2 (hilly road or trail)                                |

### Week 16

- |    |  |
|----|--|
| 15 | Rest or crosstraining (bike, swim, etc.) |
| 16 | 30 min V1 (nose breathing)               |

17	Speed work: 10 min V1, 8x 1 min V4 up hill, 2 min easy, 5 min V1
18	25 min V1 OR rest OR crosstraining (bike, swim, etc.)
19	Rest or crosstraining (bike, swim, etc.)
20	Long trail run (technical trail) 55-70 min V1-2
21	25 min V1-2 (hilly road or trail)

### Week 17

22	Rest
23	30 min V1 (nose breathing)
24	Speed work: 10 min V1, 4 min V3, 1 min 4, 1 min V1, 30 sec V5, 1 min V1, 1 min V4, 4 min V3, 10 min V1
25	25 min V1 OR rest OR crosstraining (bike, swim, etc.)
26	Rest or crosstraining (bike, swim, etc.)
27	Long trail run (technical trail) 50-65 min V1-2, 5 min V2-V3 (finish strong)
28	Rest

### Week 18 - Taper week

29	20 min V1
30	Speed work: 10 min V1, 6x 1 min V4, 2min rest, 5 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	Rest
2	Speed work: 10 min V1, 6x 30 sec V5, 1 min rest, 5 min V1
3	Rest
4	Shake out run: 10 min V1, 5 min V2, 5 min V3
5	RACE DAY QMT6!!

### 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!!!!

