

BROMONT ULTRA

RUN MORE, GIVE MORE

RUN
WITH
US
COACHING



25 KM TRAINING PLAN

Welcome to the Bromont trail running community, and congratulations on taking the first step towards becoming a stronger, more confident runner.

This training plan was created by Talia Chevassus, UESCA-certified Running & Ultrarunning Coach and competitive trail runner, in collaboration with Alister Gardner, Bromont Ultra co-founder, course designer, and former Salomon elite athlete, and Audrey Larroquette, fellow BU co-founder, and founder & General Director of the Club de Trail de Bromont.

By following this plan, you're committing to a safe and progressive training approach, designed to get you to the start line healthy, happy, and ready to give your best on race day.

Understanding the Process

Running is a progressive sport that requires patience. While your cardiovascular system may adapt quickly, your muscles, tendons, and bones take more time to strengthen. If you experience recurring pain during training, consult a specialist such as a sports physiotherapist.

How to Follow the Plan

Life happens—and it's okay if you miss the occasional workout. Don't stress! However, **consistency is key** to progress safely and effectively.

Training Phases - This plan is divided into four 'mesocycles', or training blocks, each lasting four weeks:

1. **Preparation Phase:** Establish your routine and begin building aerobic capacity.
2. **2 x Build Phase:** Focus on increasing endurance and speed.
3. **Race specific Phase:** Specific workouts that simulate race conditions and demands.

There is then taper Week: A final rest period allowing your body to recover and peak for race day.

If you need additional support, please contact us; we offer a dedicated Bromont Ultra training support program with a coach's Q&A forum, guidance on nutrition, race management and strength training, as well as 1:1 private coaching with personalized plans and unlimited contact with your coach.

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Managing your effort during the workouts

Different levels of exercise intensity lead to different physiological adaptations. For example, easy efforts primarily develop aerobic capacity by increasing the number of mitochondria (the powerhouse inside our cells) and improving capillary density, which enhances blood flow and endurance. In contrast, high-intensity workouts target anaerobic fitness, helping to improve speed and fatigue resistance. In this plan, we use 6 zones, including recovery, that can be measured by perception or heart rate (HR). If you do not have access to a HR monitor, don't worry, perceived effort works effectively.

ZONE	% MAX HR	Description	Rate of perceived effort (RPE)
Z1	Less than 70%	Feels very easy, easy to talk	2
Z2	70-80%	Comfortable, sustainable pace	3-4
Z3	80-90%	Challenging but maintainable for 20-40 minutes	5-6
Z4	90-95%	Hard, conversation is very difficult	7-8
Z5	95+%	Very hard, sustainable for short bursts	9-10
R	--	R = static recovery between intervals	1

Easy Runs: Performed in Zones 1–2, especially in Zone 1 the day after hard efforts like intervals. Easy runs promote recovery while maintaining aerobic development.

Intervals: A training method that accumulates a high volume of intense effort in a single session. The goal is to give a maximal effort while maintaining consistent performance from the first to the last interval. Avoid starting too fast and fading. **Start each workout with a 10-minute warm-up (Zone 1) and finish with a 10-minute cool-down (also in Zone 1).**

Example: 6 x (1' Z4 + 1' R) means a 1-minute high-intensity run (Zone 4), followed by a 1-minute rest, repeated 6 times. This is a single block of intervals. Sometimes, there may be multiple blocks or two different types of blocks. In that case, take 2 to 3 minutes of rest between each block.

Long run: Designed to build your aerobic endurance and practice race like conditions. In these trainings you should test your fuel and equipment. Ideally ran on trail to mimic race day conditions.

Strides: Short bursts, typically lasting 20 to 30 seconds, where you gradually accelerate to about 85–90% of your maximum speed, then smoothly decelerate. The primary focus is good running form. Strides help running efficiency, and leg turnover without causing major fatigue. Done after easy runs or as part of a warm-up before a harder workout or race.

Cross-Training: A cardiovascular workout other than running, such as soccer, cycling, or CrossFit. Cross-training helps maintain fitness while reducing the impact on running-specific muscles and joints.

Strength Training: Targeted exercises to strengthen specific muscles or muscle groups. Strength work improves running economy, posture, and injury resilience. Ideally done 2-3 times a week. Check out our strength training guide.

Recovery: Rest days matter! Rest is an essential part of the training cycle. It's during rest that the body adapts to the training load and becomes stronger. Without adequate recovery, you risk training in a fatigued state, which slows progress and increases injury risk.

A word from your coaches

There will be tough moments over the coming weeks—but stay consistent and trust the process. You'll gradually build strength, endurance, and confidence. We're rooting for you and can't wait to see you cross the finish line with pride. As the Club de Trail de Bromont says: **"Rien n'arrête un trail runner!"** (Nothing stops a trail runner!)

All the best,

Talia, Alister & Audrey

BROMONT ULTRA 25 KM TRAINING PLAN

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Flat Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	40' Z1-2 + 4 x strides	4 x (1' Z4 +2' R) + 3 x (30" Z5 + 1' R)	Off	30' Z1	30-60'	8 km Z2 350 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES	You can print this plan and add your notes.						
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Flat Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	50' Z1-2 + 4 x strides	5 x (2' Z4 +2' R)	Off	30' Z1	30-60'	10 km Z2 400 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES							
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Flat Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	60' Z1-2 + 4 x strides	4 x (4' Z4 + 2' R)	Off	30' Z1	30-60'	12 km Z2 450 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES							
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Flat Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	40' Z1-2 + 4 x strides	3 x (2' Z4 + 2' R)	Off	30' Z1	30-60'	8 km Z2 350 m D+	Off
INTENSITY	LOW	MEDIUM	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES							

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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Flat Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	45' Z1-2 + 4 x strides	5 x (2' Z4 +2' R)	Off	30' Z1	30-60'	12 km Z2 450 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES							
WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Hill Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	55' Z1-2 + 4 x strides	4 x (2' Z4 +2' R)	Off	30' Z1	30-60'	14 km Z2 500 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES							
WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Hill Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	65' Z1-2 + 4 x strides	4 x (3' Z4 + 2' R) + 2 x (30" Z5 + 1' R)	Off	30' Z1	30-60'	16 km Z2 200 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	HIGH	RECOVERY
NOTES							
WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Hill Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	45' Z1-2 + 4 x strides	3 x (2' Z4 +2' R)	Off	30' Z1	30'	12 km Z2 450 m D+	Off
INTENSITY	LOW	MEDIUM	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES							

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WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Hill Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	65' Z1-2 + 4 x strides	4 x (3' Z4 + 2' R) + 4 x (1' Z5 + 2' R)	Off	30' Z1	30-60'	16 km Z2 550 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	HIGH	RECOVERY
NOTES							
WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Trail Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	70' Z1-2 + 4 x strides	5 x (4' Z4 + 2' R)	Off	30' Z1	30-60'	18 km Z2 550 m D+	Off
INTENSITY	MEDIUM	HIGH	RECOVERY	LOW	LOW	HIGH	RECOVERY
NOTES							
WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Trail Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	75' Z1-2 + 4 x strides	4 x (5' Z4 + 3' R)	Off	30' Z1	30-60'	20 km Z2 650 m D+	Off
INTENSITY	MEDIUM	HIGH	RECOVERY	LOW	LOW	HIGH	RECOVERY
NOTES							
WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Trail Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	55' Z1-2 + 4 x strides	3 x (4' Z4 + 2' R)	Off	30' Z1	30'	16 km Z2 550 m D+	Off
INTENSITY	LOW	MEDIUM	RECOVERY	LOW	LOW	HIGH	RECOVERY
NOTES							

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WEEK 13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Trail Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	65' Z1-2 + 4 x strides	10 x (1' Z4 +2' R)	Off	30' Z1	45-60'	20 km Z2 600 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	HIGH	RECOVERY
NOTES							
WEEK 14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Trail Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	80' Z1-2 + 4 x strides	3 x (5' Z4 +2' R)	Off	30' Z1	30-60'	22 km Z2 700 m D+	Off
INTENSITY	MEDIUM	HIGH	RECOVERY	LOW	LOW	HIGH	RECOVERY
NOTES							
WEEK 15	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Easy Run	Trail Intervals	Recovery	Easy Run	Optional Cross Training	Long Run	Recovery
DESCRIPTION	45' Z1-2 + 4 x strides	6 x (1' Z4 +2' R)	Off	30' Z1	30'	16 km Z2 450 m D+	Off
INTENSITY	LOW	HIGH	RECOVERY	LOW	LOW	MEDIUM	RECOVERY
NOTES							
WEEK 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Recovery	Easy Run	Recovery	Recovery	Shake out	Race	Recovery
DESCRIPTION	Off	45' Z1-2 + 4 x strides	Off	Off	20' Z1	BROMONT ULTRA 25 km 1080 m D+	Off
INTENSITY	RECOVERY	LOW	RECOVERY	RECOVERY	LOW	RACE	RECOVERY
NOTES							