BROMONT ULTRA

RUN MORE, GIVE MORE

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Bromont ULTRA

6 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 three 'mesocycles', or training blocks, each lasting four weeks:

1. **Preparation Phase**: Establish your routine and begin building aerobic capacity.
2. **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.

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.

There are several ways to measure intensity during a workout, such as Rate of Perceived Effort (a scale of 1-10 based on how hard the effort feels), Heart Rate Zones and pace. In this plan, we keep it simple and focus on two effort levels: walking (low intensity) and running (high intensity):

Walking segments serve two purposes:

1. warm up - to get the blood flowing
2. Active recovery between running intervals.

In both cases, stay focused: walk with purpose, swing your arms, and keep your posture upright.

Running segments should focus on building your running endurance, meaning these are *not* sprints.

In the walk/run intervals, the goal is to finish the workout strong. Going too fast early and fading isn't ideal; learning to manage your effort is key to progress and enjoyment. In the Sunday 'continuous' trainings, the goal is to learn how to pace yourself; knowing when to run and when to walk (like on the uphills) in order to finish your race strong.

Add 10' of brisk walking before and after each interval session to warm up and cool down.

> **Advanced option:** If you're comfortable running continuously, jog gently instead of walking—at a pace where conversation feels easy. Run the intervals at a slightly higher effort, where talking is more difficult—but remember, it's not a sprint.

Strength Training: Strength work improves your running economy, posture, and injury resilience. Most running injuries come from muscular imbalances and overload—strength training reduces both risks and supports your progression.

Rest Days Matter! Rest is an essential part of training. This is when your body adapts to the training load and gets stronger. Without sufficient rest, you risk training on a fatigued body, which slows down 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

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	6 X 2' run / 1' walk	Strength training	Off	4 X 2' run / 1' walk	Off	2 km walk / run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	LOW
NOTES	You can print this plan and add your notes.						

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	5 X 3' run / 1' walk	Strength training	Off	4 X 3' run / 1' walk	Off	3 km walk / run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	LOW
NOTES							

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	4 X 4' run / 1' walk	Strength training	Off	3 X 4' run / 1' walk	Off	4 km walk/run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	MEDIUM
NOTES							

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	6 X 2' course / 1' marche	Strength training	Off	4 X 2' course / 1' marche	Off	2 km marche /course
INTENSITY	RECOVERY	MEDIUM	LOW	RECOVERY	LOW	RECOVERY	LOW
NOTES							

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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	4 X 5' run / 1' walk	Strength training	Off	3 X 5' run / 1' walk	Off	4 km run/walk
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	MEDIUM
NOTES							

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	4 X 6' run / 1' walk	Strength training	Off	3 X 6' run / 1' walk	Off	4.5 km walk/run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	MEDIUM
NOTES							

WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	4 X 8' run / 1' walk	Strength training	Off	3 X 8' run / 1' walk	Off	5 km walk/run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	MEDIUM
NOTES							

WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	2 X 7' run / 1' walk	Strength training	Off	2 X 7' run / 1' walk	Off	4 km walk/run
INTENSITY	RECOVERY	MEDIUM	LOW	RECOVERY	MEDIUM	RECOVERY	LOW
NOTES							

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WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	3 X 12' run / 1' walk	Strength training	Off	2 X 12' run / 1' walk	Off	4 km walk/run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	MEDIUM
NOTES							

WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	3 X 15' run / 1' walk	Strength training	Off	2 X 15' run / 1' walk	Off	4.5 km walk/run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	MEDIUM
NOTES							

WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	2 X 20' run / 1' run	Strength training	Off	1 X 20' run / 1' walk	Off	5 km walk/run
INTENSITY	RECOVERY	HIGH	LOW	RECOVERY	MEDIUM	RECOVERY	MEDIUM
NOTES							

WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRAINING	Off	15' run	Off	Off	20' Brisk walk	Off	**BROMONT ULTRA!** **6 km** **/ 244 m D+**
INTENSITY	RECOVERY	LOW	RECOVERY	RECOVERY	LOW	RECOVERY	RACE
NOTES							

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