

Indoor Training Program Jan. 01(Mon) ~ Jan. 14(Sun)

Degree: (I)Intensive, (M)Middle, (E)Easy

Level: (EL)Elementary, (IT)Intermediate, (AD)Advanced

1/1 (Mon)	1/2 (Tue)		1/3 (Wen)	1/4 (Thr)		1/5 (Fri)	1/6 (Sat)		1/7 (Sun)			
Rest	TIME	55m	Rest & add	TIME	120m	Rest	TIME	95m	Rest & add			
	Degree	I		Degree	M-E		Degree	M-E				
Conditioning	Warm-up	20m	Rest & weight training	Warm-up	10m	Rest	Warm-up	10m	Rest & weight training			
	FTP Test 20m	20m		Z2	30m		Z3	20m				
				EL	100 rpm		Z2	5m				
				IT	110 rpm			Z3		20m		
	cool down	15m		Rest & weight training	AD		120 rpm	Z2		5m	Z3	20m
					Z2		40m	Z2		5m		
	weight training	weight training		Rest & weight training	Z2		30m	Z3		20m	Z2	5m
EL			100 rpm		cool down	10m						
			IT	110 rpm								
			AD	120 rpm								

