

## Field Training Program Feb. 26(Mon) ~ Mar. 11(Sun)

2/26 (Mon)			2/27 (Tue)			2/28 (Wen)			3/1 (Tur)			3/2 (Fri)			3/3 (Sat)			3/4 (Sun)		
Time			Distance			Rest			Distance			Distance			Distance			Distance		
EL	65:00		EL	52Km					EL	32Km		EL	40Km		EL	60Km				
IT	85:00		IT	58Km					IT	36Km		IT	50Km		IT	80Km				
AD	105:00		AD	64Km					AD	40Km		AD	60Km		AD	100Km				
Dgree	M-E		Dgree	M-E					Dgree	M		Dgree	E		Dgree	M				
Warm-up	10m		Warm-up	5km		Rest			Warm-up	10km		Z1 50%	10km		Warm-up	10km				
Z2 (90rpm)	EL	10m	Z1 50% (90rpm)	6km					Z3 85% (80-90 rpm)	EL	1km hill x 6	Z2 65%	EL	10km		EL	Z2-Z3 *Interval during riding Z5 120% (120rpm) *(Rest inter set time)	34km  a flat land 2km interval x3  *(5m)		
	IT	15m	Z2 65% (100rpm)	EL	6km								IT	15km						
	AD	20m		IT	8km									AD	20km					
Z3 (100rpm)	EL	10m	Z1 50% (90rpm)	6km					*(Rest inter set downhill road)	IT	1km hill x 8	Z2 65%	IT		15km		IT	Z2-Z3 *Interval during riding Z5 120% (120rpm) *(Rest inter set time)	50km  a flat land 2km interval x5  *(5m)	
	IT	15m	Z3 85% (110rpm)	EL	6km								AD	20km						
	AD	20m		AD	10km									EL	10km					
Z1	5m		Z3 85% (110rpm)	IT	8km				Hill climb interval *(grade 4-5%)	AD	1km hill x 10	Z3 85%	IT		15km		AD	Z2-Z3 *Interval during riding Z5 120% (120rpm) *(Rest inter set time)	66km  a flat land 2km interval x7  *(5m)	
Z2 (90rpm)	EL	10m	Z1 50% (90rpm)	6Km									Z3 85%	IT	15km					
	IT	15m	Z4 100% (120rpm)	EL	6KM										AD	20km				
	AD	20m		AD	10km				Z1 50% (90rpm)	6km										
Z3 (100rpm)	EL	10m	Z1 50% (90rpm)	6km						Cool down	10km		Z1 50%	10km		Cool down	10km			
	IT	15m	Z4 100% (120rpm)	IT	8km				Z1 50% (90rpm)	6km		Z1 50%	10km		Z1 50%	10km				
	AD	20m		AD	10km					Z1 50% (90rpm)	6km		Z1 50%	10km						
Cool down	10m		Cool down	5km					Cool down		10km			Z1 50%	10km		Cool down	10km		

3/5 (Mon)	3/6 (Tue)		3/7 (Wen)		3/8 (Tur)		3/9 (Fri)	3/10 (Sat)		3/11 (Sun)					
Rest	Time	60:00	Distance		Distance	41.5Km	Rest	Time	60:00	Distance					
			EL	18Km						EL	60Km				
			IT	22km						IT	80Km				
			AD	26km						AD	100Km				
Degree	E	Degree	I	Degree	E	Degree	E	Degree	I						
Rest	Z1	45%	10m	Warm-up	5km	Warm-up	5km	Z1 – Z2 40%-65%	Recovery rinding	Warm-up	10km				
	Z2	65%	5m	Z4 100% (60-70rpm)	EL 500m hill x 8	Z1	55% (90rpm)			5km	EL	Z3 *Interval during riding Z6 150% (60-70rpm)	34km hill 300m interval x4  *(3m)		
	Z3	80%	5m			Z2	65% (100rpm)			4km					
	Z4	95%	5m			Z3	85% (110rpm)			3km					
	Z1	45%	5m			Z4	100% (120rpm)			2km					
	Z6	130%	30s			*(Rest inter set downhill road)	IT 500m hill x 12			Z5	115% (130rpm)	1km	IT	Z3 *Interval during riding Z6 150% (60-70rpm)	50km hill 300m interval x6  *(3m)
	Z1	45%	1m							Z1	55% (90rpm)	5km			
	Z6	130%	30s							Z3	85% (110rpm)	3km			
	Z1	45%	1m							Z4	100% (120rpm)	2km			
	Z2	65%	8m	Hill climb interval *(grade 6-7%)	AD 500m hill x 16					Z5	115% (130rpm)	1km	AD	Z3 *Interval during riding Z6 150% (60-70rpm)	66km hill 300m interval x8  *(3m)
	Z1	45%	5m							Z6	150% (140rpm)	500m			
	Max (rpm 140)	10s	Z1							55% (100rpm)	5km				
	Z1	45%	1m												
	Max (rpm 140)	10s													
	Z1	45%	10m	Cool down	5km	Cool down	5km					Cool down	10km		

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

훈련프로그램은 초,중,상 3가지 레벨로 설정하여 제공합니다.

설악그란폰도 완주목표시간에 따라 레벨을 나누면 아래와 같습니다.

The training program is offered at three levels: **(EL)Elementary, (IT)Intermediate, (AD)Advanced.**

The target time of the completion Seorak Granfondo is as follows.

Level	Granfondo 208KM	Mediofondo 105KM
(EL)Elementary	12hour Under	7hour Under
(IT)Intermediate	10hour Under	6hour Under
(AD)Advanced	8hour Under	5hour Under

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

그날의 훈련강도 수준을 표기한 것입니다.

It indicates the level of training intensity of the day.

훈련강도에 따른 파워영역표

Power zone table according to training intensity

ZONE	Purpose of training	FTP	젓산역치(Lactate threshold)
		젓산역치(Lactate threshold power)(%)	심박수 대비(Heart rate ratio)(%)
Z1	회복(Recovery)	<55	<68
Z2	유산소지구력(Aerobic endurance)	56 - 75	69 - 83
Z3	템포(Tempo)	76 - 90	84 - 94
Z4	FTP-젓산역치(FTP-Lactate threshold)	90 - 105	96 - 105
Z5	최대유산소(Maximum aerobic)	106 - 120	>105
Z6	무산소능력(Anaerobic ability)	121 - 150	N/A
MAX	스프린트(Sprint)	N/A	M/A