SEORAK GRANFONDO

CYCLEON

Field Training Program   Mar. 12(Mon) ~ Mar. 25(Sun)

3/12 (Mon)	3/13 (Tue)		3/14 (Wen)		3/15 (Tur)	3/16 (Fri)		3/17 (Sat)	3/18 (Sun)	
	Distance		Distance Mission			Distance			Distance Mission	
	EL	46Km	EL	80km		EL	40Km		EL	60Km
	IT	52Km	IT	100km		IT	60Km		IT	80Km
	AD	58Km	AD	120km		AD	80Km		AD	100Km
	Dgree	E	Degree	Free		Dgree	I		Altitude(m)	1500(m)
									Degree	M
Rest	Warm-up	10km	Free	Distance mission	Rest	Z1	10km	Rest	Z2-Z3	Group riding *Rotation technical training
	Z2 65% (100rpm)	5km				Z4 100% (60rpm) Hill climb interval *(grade 4-6%) *(Rest inter set downhill road)	EL 2km hill x 4			
	Z2 80% (120rpm)	EL 2km					IT 4km hill x 4			
		IT 4km					AD 6km hill x 4			
		AD 6km								
	Z2 65% (90rpm)	5km				Rest	20m			
	Z3 85% (120pm)	EL 2km				Z5 120% (50rpm) Hill climb interval *(grade 4-6%) *(Rest inter set downhill road)	EL 1km hill x 2			
		IT 4km					IT 2km x 2			
		AD 6km					AD 3km x 2			
	Z2 65% (90rpm)	5Km								
	Z4 90% (120rpm)	EL 2km								
		IT 4km								
		AD 6km								
	Z2 65% (90rpm)	5km								
	Cool down	10km				Z1	10km			

3/19 (Mon)	3/20 (Tue)	3/21 (Wen)		3/22 (Tur)	3/23 (Fri)		3/24 (Sat)	3/25 (Sun)	
Rest	Technical Mission	Distance		Rest &Add	Distance		Rest	Time	
		EL	55km		EL	80km		EL	120:00
		IT	70km		IT	100km		IT	180:00
		AD	85km		AD	120km		AD	240:00
					Altitude(m)	1000(m)		Altitude(m)	500(m) / -1000(m)
	Degree	E	Degree	M	Degree	I		Degree	M

3/19 (Mon)	3/20 (Tue)		3/21 (Wen)			3/22 (Tur)	3/23 (Fri)			3/24 (Sat)	3/25 (Sun)	
Rest	Z1-Z2	10KM	Warm-up		5km	Rest & Weight training	Warm-up		5km	Rest	Z2	Group riding
	Technical training	A steep Curve corner exercise X 30 *A safety zone	EL	Z2 70% Z4 90%	10km 5km Set x 3		EL	Z2 *Interval during riding Z5 120% (90-100rpm) *(Rest inter set time)	58km hill 1km interval x4 *2km			
			IT	Z2 70% Z4 90%	10km 5km Set x 4		IT	Z2 *Interval during riding Z6 120% (90-100rpm) *(Rest inter set time)	72km hill 1km interval x6 *2km			
			AD	Z2 70% Z4 90%	10km 5km Set x 5		AD	Z2 *Interval during riding Z6 120% (90-100rpm) *(Rest inter set time)	86km hill 1km interval x8 *2km			
	Z1-Z2	10KM	Cool down		5km		Cool down		5km			

[훈련 프로그램 보는 방법/Refer for training program]

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 젖산역치(Lactate threshold power)(%)	젖산역치(Lactate threshold) 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-젖산역치(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

제공 Provided by Cyclezon(www.cyclezon.net)