

Field Training Program Mar. 26(Mon) ~ Apr. 8(Sun)

3/26 (Mon)	3/27 (Tue)		3/28 (Wen)	3/29 (Tur)		3/30 (Fri)	3/31 (Sat)		4/1 (Sun)				
Rest	Distance		Rest	Distance		Rest	Distance		Distance				
	EL	50Km <th data-kind="ghost"></th> <th>EL</th> <td>100km<th data-kind="ghost"></th><th>EL</th><td>30km<th>EL</th><td>70Km</td></td></td>		EL	100km <th data-kind="ghost"></th> <th>EL</th> <td>30km<th>EL</th><td>70Km</td></td>		EL	30km <th>EL</th> <td>70Km</td>	EL	70Km			
	IT	65Km <th data-kind="ghost"></th> <th>IT</th> <td>140km<th data-kind="ghost"></th><th>IT</th><td>40km<th>IT</th><td>100Km</td></td></td>		IT	140km <th data-kind="ghost"></th> <th>IT</th> <td>40km<th>IT</th><td>100Km</td></td>		IT	40km <th>IT</th> <td>100Km</td>	IT	100Km			
	AD	80Km <th data-kind="ghost"></th> <th>AD</th> <td>200km<th data-kind="ghost"></th><th>AD</th><td>50km<th>AD</th><td>110Km</td></td></td>		AD	200km <th data-kind="ghost"></th> <th>AD</th> <td>50km<th>AD</th><td>110Km</td></td>		AD	50km <th>AD</th> <td>110Km</td>	AD	110Km			
	Dgree	M-I <th data-kind="ghost"></th> <th>Dgree</th> <td>M-I<th data-kind="ghost"></th><th>Dgree</th><td>E</td><th>Altitude(m)</th><td>1000(m)</td></td>		Dgree	M-I <th data-kind="ghost"></th> <th>Dgree</th> <td>E</td> <th>Altitude(m)</th> <td>1000(m)</td>		Dgree	E	Altitude(m)	1000(m)			
Rest	Warm-up	5km	Rest	Wrm-up	10km	Rest	Z1-Z2	Recovery	Warm-up	10km			
	Lthr% Z3 85-90%	5km		A flat land	EL 20km				EL	20km			
	Lthr% Z4 100-105%	EL 5km		IT 30km	AD 50km				IT	30km			
		IT 10km		AD					30km				
		AD 15km		A flat land	EL 20km				EL	10km			
	Lthr% Z1 <60%	5km		IT 30km	AD 30km				IT	20km			
	Lthr% Z3 85-90%	5km		AD					30km				
	Lthr% Z4 100-105%	EL 5km		A flat land	EL 20km				EL	20km			
		IT 10km		IT 30km	IT				30km				
		AD 15km		AD 50km	AD				30km				
	Lthr% Z1 <60%	5Km		A flat land	EL 20km	Z1-Z2	Recovery	Time trial Z4	EL	20km			
	Lthr% Z3 85-90%	5km		IT 30km	IT				20km				
	Lthr% Z4 100-105%	EL 5km		AD 50km	AD				30km				
		IT 10km		Cool down	10km				EL	20km			
		AD 15km		Cool down	10km				IT	30km			
	Cool down	5km		Cool down	10km				AD	30km			

4/2 (Mon)	4/3 (Tue)		4/4 (Wen)		4/5 (Tur)	4/6 (Fri)		4/7 (Sat)		4/8 (Sun)	
Rest	Distance		Distnace	55km	Rest	Distance		Rest	Distance	40km	
	EL	60km				EL	120km				
	IT	80km				IT	150km				
	AD	100km				AD	200km				
	Degree	M-I				Altitude(m)	1500(m) -2000(m)				
Rest	Warm-up	10KM	Hill climb interval Z4 90-100% *(grade 5-6 %) *Rest inter set down hill road	EL 5km interval x 4	Warm-up	5km	Group riding Z2-Z3	Warm-up	20km	Z1-Z2 40km	
	Z2	10km			Z3	10km		EL	80km		
	Z4	4km			Z5	1km		IT	110km		
	Z1	10km			Z2	10km		AD	160km		
	Cool-down	10km			Cool down	5km		Cool down	20km		

[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(Aerobic ability)	121 - 150	N/A
MAX	스프린트(Sprint)	N/A	M/A

제공 Provided by Cyclezon(www.cyclezon.net)