



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	Degree	E		Altitude(m)	1500(m) -2000(m)		Degree	M-I		
Rest	Warm-up	10KM	Warm-up	5km	Rest	Warm-up	20km	Rest	Z1-Z2	40km		
	Hill climb interval	EL	5km interval x 4	Z2		10km	EL				80km	
				Z3		10km						
	Z4 90-100% *(grade 5-6 %)	IT	5km interval x 6	Z4		4km	Group riding Z2-Z3				IT	110km
				Z5		1km						
	*Rest inter set down hill road	AD	5km interval x 8	Z1		10km	AD				160km	
				Z2		10km						
	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)
		젖산역치(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-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](http://www.cyclezon.net))