

Field Training Program Apr. 9(Mon) ~ Apr. 22(Sun)

4/9 (Mon)		4/10 (Tue)	4/11 (Wen)		4/12 (Tur)			4/13 (Fri)		4/14 (Sat)	4/15 (Sun)			
Distance			Distance	80km	Distance			Distance			Distance			
EL	50km				EL	40km		EL	40km		EL	100Km		
IT	70km				IT	55km		IT	46km		IT	150Km		
AD	90km				AD	70km		AD	52km		AD	200Km		
Degree	M	Dgree	M	Degree	E		Degree	I		Altitude(m)	1500-2500(m)			
Warm-up		Rest	Warm-up		Warm-up		Warm-up		Rest	Warm-up				
Hill climb interval	EL		2km interval x10	Z3 100rpm	10km	Lthr% Z3 85-90%	EL	5km		Hill climb interval	EL	1km hill x10	Z1-Z3 *Interval during riding	90km
				Z4 110rpm	10km		IT	10km					Z5 110-120% (60-70rpm)	hill 1km interval x6
				Z5 120rpm	5km		AD	15km					* (Rest inter set time)	*3km
Z3 80-90% (80-90rpm) *(grade 3-4%)	IT		2km interval x15	Z1 free	5km	Lthr% Z3 95-90%	EL	5km		Z5 110-120% (60-70rpm) *(grade 4-6%)	IT	1km hill x13	Z1-Z3 *Interval during riding	140km
				Z4 110rpm	10km		IT	10km					Z5 110-120% (60-70rpm)	hill 1km interval x9
				Z5 120rpm	5km		AD	15km					* (Rest inter set time)	*3km
*Rest inter set down hill road	AD		2km interval x20	Z1 free	5km	Lthr% Z3 85-90%	EL	5km		*Rest inter set down hill road	AD	1km hill x16	Z1-Z3 *Interval during riding	190km
				Z5 120rpm	3km		IT	10km					Z5 110-120% (60-70rpm)	hill 1km interval x12
				Z1 free	5km		AD	15km					* (Rest inter set time)	*3km
Z3 90rpm	2km		Lthr% Z2 60-70%	5km										
Cool-down	5km		Cool-down	10km	Cool-down	5km		Cool-down		10km		Cool-down	5km	

4/16 (Mon)	4/17 (Tue)		4/18 (Wen)	4/19 (Tur)		4/20 (Fri)	4/21 (Sat)		4/22 (Sun)						
Rest	Distance		Rest	Distance		Rest	Distance	50km	Time						
	EL	40km		EL	140km				EL	80:00					
	IT	60km		IT	160km		IT	100:00							
	AD	80km		AD	180km		AD	120:00							
	Altitude(m)	500-1000(m)		Altitude(m)	500-1000(m)		Altitude(m)	300-500(m)							
	Degree	M-E		Degree	I		Degree	M-I							
Rest	Z2-Z3	Group riding *Rotation technical training	Rest	Warm-up	10km		Rest	Warm-up	5km	Warm-up	10km				
				Group riding *Rotation Z1-Z3	50km	Time trial		EL	20km	Z1-Z2	Codtioneing program After 2km, increase by +5rpm 60rpm 65rpm 70rpm 75rpm 80rpm 85rpm 90rpm 95rpm 100rpm 105rpm 110rpm	Z3-Z4 80-100%	EL	60km	
								IT	40km				IT	80km	
								AD	60km				AD	100km	
				Group riding *Rotation Z1-Z3	50km	Group riding *Rotation Z1-Z3		50km	Z1	5km	Z1	5km	Cool-down	10km	
									Z4	3km	Z4	3km			
									Z1	3km	Z1	3km			
				Group riding *Rotation Z1-Z3	50km	Group riding *Rotation Z1-Z3		50km	Z1	3km	Z1	3km	Cool-down	10km	
									Z5	2km	Z5	2km			
									Z1	3km	Z1	3km			
Group riding *Rotation Z1-Z3	50km	Group riding *Rotation Z1-Z3	50km	Z6	1km	Z6	1km	Cool-down	10km						
				Z1	1km	Z1	1km								
				Cool-down	10km	Cool-down	10km								

[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)