

エルゴメーターによるトレーニングの指標 (500mペース)

スプリント能力~持久能力のバランス確認ゾーン							トレーニング強度の指標			
500mテスト	1000mテスト	2000mテスト	2500mテスト	20分テスト	20分テストスコア	10000mテスト	ATトレーニングゾーン	有酸素トレーニングゾーン		リカバリーレベル
							Lactate 4	Lactate 3	Lactate 2	Lactate 1
1:17.35	1:21.90	1:25.54	1:27.36	1:31.00	6,593	1:33.73	1:37.37	1:41.92	1:51.93	1:56.48
1:18.20	1:22.80	1:26.48	1:28.32	1:32.00	6,522	1:34.76	1:38.44	1:43.04	1:53.16	1:57.76
1:19.05	1:23.70	1:27.42	1:29.28	1:33.00	6,452	1:35.79	1:39.51	1:44.16	1:54.39	1:59.04
1:19.90	1:24.60	1:28.36	1:30.24	1:34.00	6,383	1:36.82	1:40.58	1:45.28	1:55.62	2:00.32
1:20.75	1:25.50	1:29.30	1:31.20	1:35.00	6,316	1:37.85	1:41.65	1:46.40	1:56.85	2:01.60
1:21.60	1:26.40	1:30.24	1:32.16	1:36.00	6,250	1:38.88	1:42.72	1:47.52	1:58.08	2:02.88
1:22.45	1:27.30	1:31.18	1:33.12	1:37.00	6,186	1:39.91	1:43.79	1:48.64	1:59.31	2:04.16
1:23.30	1:28.20	1:32.12	1:34.08	1:38.00	6,122	1:40.94	1:44.86	1:49.76	2:00.54	2:05.44
1:24.15	1:29.10	1:33.06	1:35.04	1:39.00	6,061	1:41.97	1:45.93	1:50.88	2:01.77	2:06.72
1:25.00	1:30.00	1:34.00	1:36.00	1:40.00	6,000	1:43.00	1:47.00	1:52.00	2:03.00	2:08.00
1:25.85	1:30.90	1:34.94	1:36.96	1:41.00	5,941	1:44.03	1:48.07	1:53.12	2:04.23	2:09.28
1:26.70	1:31.80	1:35.88	1:37.92	1:42.00	5,882	1:45.06	1:49.14	1:54.24	2:05.46	2:10.56
1:27.55	1:32.70	1:36.82	1:38.88	1:43.00	5,825	1:46.09	1:50.21	1:55.36	2:06.69	2:11.84
1:28.40	1:33.60	1:37.76	1:39.84	1:44.00	5,769	1:47.12	1:51.28	1:56.48	2:07.92	2:13.12
1:29.25	1:34.50	1:38.70	1:40.80	1:45.00	5,714	1:48.15	1:52.35	1:57.60	2:09.15	2:14.40
1:30.10	1:35.40	1:39.64	1:41.76	1:46.00	5,660	1:49.18	1:53.42	1:58.72	2:10.38	2:15.68
1:30.95	1:36.30	1:40.58	1:42.72	1:47.00	5,607	1:50.21	1:54.49	1:59.84	2:11.61	2:16.96
1:31.80	1:37.20	1:41.52	1:43.68	1:48.00	5,556	1:51.24	1:55.56	2:00.96	2:12.84	2:18.24
1:32.65	1:38.10	1:42.46	1:44.64	1:49.00	5,505	1:52.27	1:56.63	2:02.08	2:14.07	2:19.52
1:33.50	1:39.00	1:43.40	1:45.60	1:50.00	5,455	1:53.30	1:57.70	2:03.20	2:15.30	2:20.80
1:34.35	1:39.90	1:44.34	1:46.56	1:51.00	5,405	1:54.33	1:58.77	2:04.32	2:16.53	2:22.08
1:35.20	1:40.80	1:45.28	1:47.52	1:52.00	5,357	1:55.36	1:59.84	2:05.44	2:17.76	2:23.36
1:36.05	1:41.70	1:46.22	1:48.48	1:53.00	5,310	1:56.39	2:00.91	2:06.56	2:18.99	2:24.64
1:36.90	1:42.60	1:47.16	1:49.44	1:54.00	5,263	1:57.42	2:01.98	2:07.68	2:20.22	2:25.92
1:37.75	1:43.50	1:48.10	1:50.40	1:55.00	5,217	1:58.45	2:03.05	2:08.80	2:21.45	2:27.20
1:38.60	1:44.40	1:49.04	1:51.36	1:56.00	5,172	1:59.48	2:04.12	2:09.92	2:22.68	2:28.48
1:39.45	1:45.30	1:49.98	1:52.32	1:57.00	5,128	2:00.51	2:05.19	2:11.04	2:23.91	2:29.76
1:40.30	1:46.20	1:50.92	1:53.28	1:58.00	5,085	2:01.54	2:06.26	2:12.16	2:25.14	2:31.04
1:41.15	1:47.10	1:51.86	1:54.24	1:59.00	5,042	2:02.57	2:07.33	2:13.28	2:26.37	2:32.32
1:42.00	1:48.00	1:52.80	1:55.20	2:00.00	5,000	2:03.60	2:08.40	2:14.40	2:27.60	2:33.60
1:42.85	1:48.90	1:53.74	1:56.16	2:01.00	4,959	2:04.63	2:09.47	2:15.52	2:28.83	2:34.88
1:43.70	1:49.80	1:54.68	1:57.12	2:02.00	4,918	2:05.66	2:10.54	2:16.64	2:30.06	2:36.16
1:44.55	1:50.70	1:55.62	1:58.08	2:03.00	4,878	2:06.69	2:11.61	2:17.76	2:31.29	2:37.44
1:45.40	1:51.60	1:56.56	1:59.04	2:04.00	4,839	2:07.72	2:12.68	2:18.88	2:32.52	2:38.72
1:46.25	1:52.50	1:57.50	2:00.00	2:05.00	4,800	2:08.75	2:13.75	2:20.00	2:33.75	2:40.00
1:47.10	1:53.40	1:58.44	2:00.96	2:06.00	4,762	2:09.78	2:14.82	2:21.12	2:34.98	2:41.28
1:47.95	1:54.30	1:59.38	2:01.92	2:07.00	4,724	2:10.81	2:15.89	2:22.24	2:36.21	2:42.56
1:48.80	1:55.20	2:00.32	2:02.88	2:08.00	4,688	2:11.84	2:16.96	2:23.36	2:37.44	2:43.84
1:49.65	1:56.10	2:01.26	2:03.84	2:09.00	4,651	2:12.87	2:18.03	2:24.48	2:38.67	2:45.12
1:50.50	1:57.00	2:02.20	2:04.80	2:10.00	4,615	2:13.90	2:19.10	2:25.60	2:39.90	2:46.40
1:51.35	1:57.90	2:03.14	2:05.76	2:11.00	4,580	2:14.93	2:20.17	2:26.72	2:41.13	2:47.68
1:52.20	1:58.80	2:04.08	2:06.72	2:12.00	4,545	2:15.96	2:21.24	2:27.84	2:42.36	2:48.96
1:53.05	1:59.70	2:05.02	2:07.68	2:13.00	4,511	2:16.99	2:22.31	2:28.96	2:43.59	2:50.24
1:53.90	2:00.60	2:05.96	2:08.64	2:14.00	4,478	2:18.02	2:23.38	2:30.08	2:44.82	2:51.52
1:54.75	2:01.50	2:06.90	2:09.60	2:15.00	4,444	2:19.05	2:24.45	2:31.20	2:46.05	2:52.80
1:55.60	2:02.40	2:07.84	2:10.56	2:16.00	4,412	2:20.08	2:25.52	2:32.32	2:47.28	2:54.08
1:56.45	2:03.30	2:08.78	2:11.52	2:17.00	4,380	2:21.11	2:26.59	2:33.44	2:48.51	2:55.36
1:57.30	2:04.20	2:09.72	2:12.48	2:18.00	4,348	2:22.14	2:27.66	2:34.56	2:49.74	2:56.64
1:58.15	2:05.10	2:10.66	2:13.44	2:19.00	4,317	2:23.17	2:28.73	2:35.68	2:50.97	2:57.92
1:59.00	2:06.00	2:11.60	2:14.40	2:20.00	4,286	2:24.20	2:29.80	2:36.80	2:52.20	2:59.20
1:59.85	2:06.90	2:12.54	2:15.36	2:21.00	4,255	2:25.23	2:30.87	2:37.92	2:53.43	3:00.48
2:00.70	2:07.80	2:13.48	2:16.32	2:22.00	4,225	2:26.26	2:31.94	2:39.04	2:54.66	3:01.76
2:01.55	2:08.70	2:14.42	2:17.28	2:23.00	4,196	2:27.29	2:33.01	2:40.16	2:55.89	3:03.04
2:02.40	2:09.60	2:15.36	2:18.24	2:24.00	4,167	2:28.32	2:34.08	2:41.28	2:57.12	3:04.32

エルゴメーターによるトレーニングの指標 (スコア)

スプリント能力～持久能力のバランス確認ゾーン							トレーニング強度の指標			
500mテスト	1000mテスト	2000mテスト	2500mテスト	6kmテスト	20分テストスコア	10000mテスト	ATトレーニングゾーン	有酸素トレーニングゾーン		リカバリーレベル
							Lactate 4	Lactate 3	Lactate 2	Lactate 1
1:17.35	2:43.80	5:42.16	7:16.80	18:12.00	6,593	31:14.60	1:37.37	1:41.92	1:51.93	1:56.48
1:18.20	2:45.60	5:45.92	7:21.60	18:24.00	6,522	31:35.20	1:38.44	1:43.04	1:53.16	1:57.76
1:19.05	2:47.40	5:49.68	7:26.40	18:36.00	6,452	31:55.80	1:39.51	1:44.16	1:54.39	1:59.04
1:19.90	2:49.20	5:53.44	7:31.20	18:48.00	6,383	32:16.40	1:40.58	1:45.28	1:55.62	2:00.32
1:20.75	2:51.00	5:57.20	7:36.00	19:00.00	6,316	32:37.00	1:41.65	1:46.40	1:56.85	2:01.60
1:21.60	2:52.80	6:00.96	7:40.80	19:12.00	6,250	32:57.60	1:42.72	1:47.52	1:58.08	2:02.88
1:22.45	2:54.60	6:04.72	7:45.60	19:24.00	6,186	33:18.20	1:43.79	1:48.64	1:59.31	2:04.16
1:23.30	2:56.40	6:08.48	7:50.40	19:36.00	6,122	33:38.80	1:44.86	1:49.76	2:00.54	2:05.44
1:24.15	2:58.20	6:12.24	7:55.20	19:48.00	6,061	33:59.40	1:45.93	1:50.88	2:01.77	2:06.72
1:25.00	3:00.00	6:16.00	8:00.00	20:00.00	6,000	34:20.00	1:47.00	1:52.00	2:03.00	2:08.00
1:25.85	3:01.80	6:19.76	8:04.80	20:12.00	5,941	34:40.60	1:48.07	1:53.12	2:04.23	2:09.28
1:26.70	3:03.60	6:23.52	8:09.60	20:24.00	5,882	35:01.20	1:49.14	1:54.24	2:05.46	2:10.56
1:27.55	3:05.40	6:27.28	8:14.40	20:36.00	5,825	35:21.80	1:50.21	1:55.36	2:06.69	2:11.84
1:28.40	3:07.20	6:31.04	8:19.20	20:48.00	5,769	35:42.40	1:51.28	1:56.48	2:07.92	2:13.12
1:29.25	3:09.00	6:34.80	8:24.00	21:00.00	5,714	36:03.00	1:52.35	1:57.60	2:09.15	2:14.40
1:30.10	3:10.80	6:38.56	8:28.80	21:12.00	5,660	36:23.60	1:53.42	1:58.72	2:10.38	2:15.68
1:30.95	3:12.60	6:42.32	8:33.60	21:24.00	5,607	36:44.20	1:54.49	1:59.84	2:11.61	2:16.96
1:31.80	3:14.40	6:46.08	8:38.40	21:36.00	5,556	37:04.80	1:55.56	2:00.96	2:12.84	2:18.24
1:32.65	3:16.20	6:49.84	8:43.20	21:48.00	5,505	37:25.40	1:56.63	2:02.08	2:14.07	2:19.52
1:33.50	3:18.00	6:53.60	8:48.00	22:00.00	5,455	37:46.00	1:57.70	2:03.20	2:15.30	2:20.80
1:34.35	3:19.80	6:57.36	8:52.80	22:12.00	5,405	38:06.60	1:58.77	2:04.32	2:16.53	2:22.08
1:35.20	3:21.60	7:01.12	8:57.60	22:24.00	5,357	38:27.20	1:59.84	2:05.44	2:17.76	2:23.36
1:36.05	3:23.40	7:04.88	9:02.40	22:36.00	5,310	38:47.80	2:00.91	2:06.56	2:18.99	2:24.64
1:36.90	3:25.20	7:08.64	9:07.20	22:48.00	5,263	39:08.40	2:01.98	2:07.68	2:20.22	2:25.92
1:37.75	3:27.00	7:12.40	9:12.00	23:00.00	5,217	39:29.00	2:03.05	2:08.80	2:21.45	2:27.20
1:38.60	3:28.80	7:16.16	9:16.80	23:12.00	5,172	39:49.60	2:04.12	2:09.92	2:22.68	2:28.48
1:39.45	3:30.60	7:19.92	9:21.60	23:24.00	5,128	40:10.20	2:05.19	2:11.04	2:23.91	2:29.76
1:40.30	3:32.40	7:23.68	9:26.40	23:36.00	5,085	40:30.80	2:06.26	2:12.16	2:25.14	2:31.04
1:41.15	3:34.20	7:27.44	9:31.20	23:48.00	5,042	40:51.40	2:07.33	2:13.28	2:26.37	2:32.32
1:42.00	3:36.00	7:31.20	9:36.00	24:00.00	5,000	41:12.00	2:08.40	2:14.40	2:27.60	2:33.60
1:42.85	3:37.80	7:34.96	9:40.80	24:12.00	4,959	41:32.60	2:09.47	2:15.52	2:28.83	2:34.88
1:43.70	3:39.60	7:38.72	9:45.60	24:24.00	4,918	41:53.20	2:10.54	2:16.64	2:30.06	2:36.16
1:44.55	3:41.40	7:42.48	9:50.40	24:36.00	4,878	42:13.80	2:11.61	2:17.76	2:31.29	2:37.44
1:45.40	3:43.20	7:46.24	9:55.20	24:48.00	4,839	42:34.40	2:12.68	2:18.88	2:32.52	2:38.72
1:46.25	3:45.00	7:50.00	10:00.00	25:00.00	4,800	42:55.00	2:13.75	2:20.00	2:33.75	2:40.00
1:47.10	3:46.80	7:53.76	10:04.80	25:12.00	4,762	43:15.60	2:14.82	2:21.12	2:34.98	2:41.28
1:47.95	3:48.60	7:57.52	10:09.60	25:24.00	4,724	43:36.20	2:15.89	2:22.24	2:36.21	2:42.56
1:48.80	3:50.40	8:01.28	10:14.40	25:36.00	4,688	43:56.80	2:16.96	2:23.36	2:37.44	2:43.84
1:49.65	3:52.20	8:05.04	10:19.20	25:48.00	4,651	44:17.40	2:18.03	2:24.48	2:38.67	2:45.12
1:50.50	3:54.00	8:08.80	10:24.00	26:00.00	4,615	44:38.00	2:19.10	2:25.60	2:39.90	2:46.40
1:51.35	3:55.80	8:12.56	10:28.80	26:12.00	4,580	44:58.60	2:20.17	2:26.72	2:41.13	2:47.68
1:52.20	3:57.60	8:16.32	10:33.60	26:24.00	4,545	45:19.20	2:21.24	2:27.84	2:42.36	2:48.96
1:53.05	3:59.40	8:20.08	10:38.40	26:36.00	4,511	45:39.80	2:22.31	2:28.96	2:43.59	2:50.24
1:53.90	4:01.20	8:23.84	10:43.20	26:48.00	4,478	46:00.40	2:23.38	2:30.08	2:44.82	2:51.52
1:54.75	4:03.00	8:27.60	10:48.00	27:00.00	4,444	46:21.00	2:24.45	2:31.20	2:46.05	2:52.80
1:55.60	4:04.80	8:31.36	10:52.80	27:12.00	4,412	46:41.60	2:25.52	2:32.32	2:47.28	2:54.08
1:56.45	4:06.60	8:35.12	10:57.60	27:24.00	4,380	47:02.20	2:26.59	2:33.44	2:48.51	2:55.36
1:57.30	4:08.40	8:38.88	11:02.40	27:36.00	4,348	47:22.80	2:27.66	2:34.56	2:49.74	2:56.64
1:58.15	4:10.20	8:42.64	11:07.20	27:48.00	4,317	47:43.40	2:28.73	2:35.68	2:50.97	2:57.92
1:59.00	4:12.00	8:46.40	11:12.00	28:00.00	4,286	48:04.00	2:29.80	2:36.80	2:52.20	2:59.20
1:59.85	4:13.80	8:50.16	11:16.80	28:12.00	4,255	48:24.60	2:30.87	2:37.92	2:53.43	3:00.48
2:00.70	4:15.60	8:53.92	11:21.60	28:24.00	4,225	48:45.20	2:31.94	2:39.04	2:54.66	3:01.76
2:01.55	4:17.40	8:57.68	11:26.40	28:36.00	4,196	49:05.80	2:33.01	2:40.16	2:55.89	3:03.04
2:02.40	4:19.20	9:01.44	11:31.20	28:48.00	4,167	49:26.40	2:34.08	2:41.28	2:57.12	3:04.32