

# Sweet Spot Base

High Volume II

## BASE PHASE

6	10.3	630	6
Weeks	Hours/Wk	TSS®/Wk	Rides/Wk

The Sweet Spot Base plans are foundation training plans that can serve as the basis for all training tracks offered by TrainerRoad.

The high-volume version of Sweet Spot Base II varies little from its predecessor in terms of intensity level but does grow the weekly volume at the same rate achieved in the previous block of training. All workouts are still aimed at increasing your ability to keep power to the pedals via improved muscle endurance and higher fatigue resistance over longer, and still quite demanding, but not overly exhausting workouts. This round of Sweet Spot training ranges from about 10-11 hours per week.

Much like last time, following your initial fitness assessment, you'll face 5 weeks of work all targeted on that same narrow, specific range of power output except your Friday recovery ride. Week 6 again brings this phase of high-end base conditioning to a close with a week of low-intensity, aerobic Endurance workouts.

## Week 1 - Tips

596 TSS 9:25 HOURS



### [Ramp Test](#)

25	34	0.91
Min	TSS	IF®



### [Carillon +2](#)

90	102	0.82
Min	TSS	IF®



### [Hunter -1](#)

120	123	0.79
Min	TSS	IF®



### [Andrews](#)

90	73	0.70
Min	TSS	IF®



### [Tallac +3](#)

120	135	0.82
Min	TSS	IF®

### [Antelope +5](#)



120 129 0.80  
Min TSS IF®

### Week Description

Even with the inclusion of a comparatively low-TSS assessment workout to account for any improvement acquired during Sweet Spot Base I, this week progresses your workload at a rate very similar to that of your first half of this training phase. You'll jump right back into an intensive focus on raising your ability to dole out higher percentages of FTP for longer and longer durations.

Looking for something a little less intense and don't mind some extra time in the saddle come Sunday? Have a look at Town Hill or something similar.

### Tips

Having assessed at least once already, you now have the benefit of hindsight. Accurate assessment becomes more likely as riders learn to ride closer and closer to their true capabilities. Use the knowledge gained from your previous assessment to be more productive during this round of testing via an increased level of focus and perhaps a higher level of pain tolerance.

## Week 2 - Tips

663 TSS 10:45 HOURS



### [Antelope +4](#)

105 114 0.81  
Min TSS IF®



### [Geiger +2](#)

90 103 0.83  
Min TSS IF®



### [Hunter](#)

120 121 0.78  
Min TSS IF®



### [Brasstown](#)

90 70 0.68  
Min TSS IF®



### [Eclipse +3](#)

120 139 0.83  
Min TSS IF®



### [Hunter -2](#)

120 116 0.76  
Min TSS IF®

Week Description

While your weekend workouts will never rise above 2 hours in duration, your training load has to continuously progress and this is done via longer weekday Sweet Spot workouts. But not only are many of these repeat workouts, meaning you're already familiar with their demands, but they're also only marginally longer than your previous weekday workouts.

If you're not feeling up to another day in the Sweet Spot by the time you reach Sunday, try **Ochoco** or **Ptarmigan** instead.

Tips

If you haven't done so already, consider some of the specific demands of your most important events and make sure to include them during each week's workouts. For example, if you're intent on excelling in climbing road races where you'll often ride out of the saddle, make sure to spend time working out of the saddle during your indoor workouts. Similarly, if your discipline requires riding in an aerodynamic position, each workout should include increasingly more time in that aero position.

Week 3 - Tips

685 TSS 11:00 HOURS



[Hunter -1](#)

120 123 0.79  
Min TSS IF®



[Eclipse](#)

90 104 0.83  
Min TSS IF®



[Antelope +5](#)

120 129 0.80  
Min TSS IF®



[Fletcher](#)

90 65 0.66  
Min TSS IF®



[Galena +3](#)

120 137 0.83  
Min TSS IF®



[Wright Peak -2](#)

120 127 0.80  
Min TSS IF®

Week Description

No big surprises here. This week maintains the same TSS ramp-rate that you're well accustomed to at this point in your 12-week base training phase. Keep up with the demands as well as you can, reserving a couple of go-to methods for slightly reducing the load. The first option is the omission or modification of your Friday aerobic endurance ride and the second is a 5% reduction in Workout Intensity during one, or at the most two, of your weekly Sweet Spot workouts.

If you'd rather ride long and "easy" on Sunday, give Town Hill or Maclure a shot.

Tips

Nowhere is it stated that you have to nail every single workout you face each week. Every athlete has good days and less than good days, some are downright tough ones. Recognize the ebb and flow of performance capabilities and don't let those imperfect days worry or distract you from maintaining a demanding but ultimately productive training cycle.

Week 4 - Tips

713 TSS11:00 HOURS



**Tallac +3**

120	135	0.82
Min	TSS	IF®



**Tallac +2**

90	104	0.83
Min	TSS	IF®



**Juneau -1**

120	129	0.80
Min	TSS	IF®



**Andrews**

90	73	0.70
Min	TSS	IF®



**Wright Peak -1**

120	143	0.85
Min	TSS	IF®



**Antelope +5**

120	129	0.80
Min	TSS	IF®

Week Description

Yet another sustainable and adaptation-inspiring increase awaits you this week. And while the fatigue is mounting, the end is nearing. Well, at least the end of your base training phase. This is the time in the plan where a recovery week might be necessary, and you have your previous weeks of high-volume Sweet Spot training to help inform this decision.

If you'd prefer the longer but less intense option on Sunday, Town Hill and Maclure are once again good alternatives.

## Tips

Waffling over whether or not to recover this week? Be sensible and listen to your body, but don't use this option as an excuse to avoid pushing through the final 2 weeks of overload if you honestly feel you can do it without burying yourself too deeply in fatigue. In other words, be smart and be tough, be tough and be smart.

## Week 5 - Tips

731 TSS 11:00 HOURS



### [Galena +3](#)

120 137 0.83  
Min TSS IF®



### [Galena](#)

90 107 0.85  
Min TSS IF®



### [Wright Peak -1](#)

120 143 0.85  
Min TSS IF®



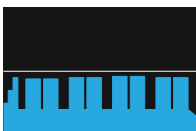
### [Brasstown](#)

90 70 0.68  
Min TSS IF®



### [Tallac +4](#)

120 145 0.85  
Min TSS IF®



### [Juneau -1](#)

120 129 0.80  
Min TSS IF®

## Week Description

And here it is, the biggest week you'll face over the entire course of this 3-month training phase, perhaps over your entire training season. With one last bump in training stress, you'll peak your TSS and prime your body for another round of training adaptation that will begin to trickle in as you wrap up next week's round of recovery workouts.

So hang in there! You've made it this far and only one week of familiar workouts separates you from an entire week of easy riding.

And if you're really dragging by Sunday and need to tone the intensity down a bit, swap in Maclure, Town Hill, or something similar.

## Tips

Starting any base or build phase's final week of training can be like looking at a long workout as a whole rather than its parts - daunting, intimidating, discouraging. But if you address this week the same way you'd address any long workout, incrementally, you'll get through it just like any other week. Pick small goals, one day, one workout, one span of time, one interval, before concerning

yourself with what lies beyond it. Make it mentally manageable!

Week 6 - Tips

390 TSS 8:30 HOURS



Fletcher

90 65 0.66  
Min TSS IF®



Pettit

60 39 0.63  
Min TSS IF®



Brasstown

90 70 0.68  
Min TSS IF®



Beech

60 46 0.68  
Min TSS IF®



Boarstone

120 97 0.70  
Min TSS IF®



Andrews

90 73 0.70  
Min TSS IF®

Week Description

Ah, sweet, sweet relief and nothing above 75% of your FTP. Don't let the early workouts this week trouble you; they won't feel great, that's a promise. As the week moves along, you'll gradually feel the heaviness lift, the lower wattages will become once again as easy as you remembered them, and your new level of fitness will begin to manifest.

You've done the work, now reward yourself with the rest.

Tips

There's perhaps no more important lesson to learn than this: your body adapts during recovery, not during training. It happens between workouts and even more so between blocks of training which makes this week especially important to your continued progress. Take it easy this week, err on the side of caution when waffling between listening to a very tired body or hopping on the bike for a less-than-productive workout.

