

# SWEET SPOT BASE

Low Volume I

01

BASE PHASE

6	3.4	211	3
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.

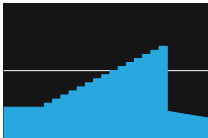
The low-volume version of Sweet Spot Base I serves as annual opportunity to revisit the form work that often gets neglected as the cycling season progresses. It helps establish the aerobic fitness foundation upon which you'll build your season's top fitness in less than 4 hours each week.

Following the initial fitness assessment, Sweet Spot Base I emphasizes pedal economy - via leg speed, speed endurance and varied cadence - as well as base aerobic fitness via a healthy dose of Sweet Spot training aimed at making every minute of your indoor endeavors count.

WEEK 1 - Tips

163 TSS2:55 HOURS

TUESDAY



Ramp Test (/app/cycling/workouts/385142)

25	34	0.91
Min	TSS	IF®

(/app/cycling/workouts/385142)

THURSDAY

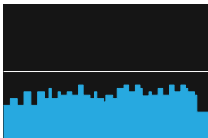


Mount Field (/app/cycling/workouts/23521)

60	62	0.79
Min	TSS	IF®

(/app/cycling/workouts/23521)

SATURDAY



Baxter (/app/cycling/workouts/1261)

90	67	0.67
Min	TSS	IF®

(/app/cycling/workouts/1261)

Week Description

This week is dedicated to assessing your current fitness, somewhat familiarizing you with the Sweet Spot intensity level and then dialing back the intensity to work on your pedaling form during the longer weekend ride.

Tips

TRAINERROAD (/app/career)

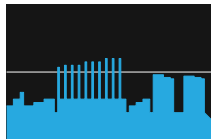
Riders new to power-based training or simply new to the act of assessing their fitness should try to be well rested prior to testing. But it's acceptable for veterans of training with power to test with a little residual fatigue in their legs considering that most subsequent workouts will be performed with some level of fatigue in their muscles.

While the Ramp Test is the prescribed assessment workout, you're welcome to use either the 8 Minute FTP Test or the 20 Minute FTP Test instead, just try to stick with that same assessment workout each time you reassess your Functional Threshold Power (FTP).

WEEK 2 - Tips

218 TSS3:30 HOURS

TUESDAY




Goddard (/app/cycling/workouts/1637)

60570.75

MinTSSIF®

(/app/cycling/workouts/1637)

THURSDAY




Monitor (/app/cycling/workouts/1252)

60650.81

MinTSSIF®

(/app/cycling/workouts/1252)

SATURDAY



Antelope (/app/cycling/workouts/1267)

90960.80

MinTSSIF®

(/app/cycling/workouts/1267)

Week Description

After a healthy dose of form drills including isolated leg training (ILT), form sprints and cadence spin-ups, the remainder of your week will be dedicated to accumulating time in Sweet Spot.

Two of this week's three workouts will subject you to increasingly longer periods of moderate-intensity muscle endurance work. This will pave the way for later improvements in your ability to sustain higher power output for longer lengths of time.

Tips

Sprinting isn't just about leg strength and big watts. Power is both strength and speed, so learn to be fast and fluid with less concern about generating big power numbers. Successful sprinting rarely comes down to turning a big gear slowly, rather sprint victories come by turning a pretty big gear really quickly. Learn to do this while seated and practice until you're fast, fluid and minimally wasteful every time.

WEEK 3 - Tips

234 TSS3:30 HOURS

TUESDAY



**Ericsson (/app/cycling/workouts/1639)**  
(/app/career)

60 64 0.80  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/1639)

THURSDAY



**Carson (/app/cycling/workouts/1254)**

60 66 0.81  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/1254)

SATURDAY



**Eclipse (/app/cycling/workouts/1265)**

90 104 0.83  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/1265)

**Week Description**

This week kicks off with some focus on pedal economy via leg-speed drills, before shifting to your ability to keep reasonably high power to the pedals. In fact, the weekend's long workout is entirely about spending greater total time increasing your ability to resist fatigue when riding at high percentages of your FTP.

**Tips**

When it comes to leg speed, practice the "less is more" approach when it comes to fast, fluid pedaling. Let go of nearly all the tension below your knees by relaxing your feet, ankles and your calves and imagine you are pedaling with your knees. Remember that the more quickly you pedal, the less forceful each pedalstroke becomes - think speed, not force.

**WEEK 4** - Tips

243 TSS 3:30 HOURS

TUESDAY



**Tunnabora (/app/cycling/workouts/1638)**

60 65 0.80  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/1638)

THURSDAY



**Geiger (/app/cycling/workouts/1251)**

60 67 0.82  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/1251)

SATURDAY



**Warlow (/app/cycling/workouts/1795)**

90 111 0.86  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/1795)

Continuing a familiar pattern, you'll first face some more form and leg-speed work before tackling a straightforward round of Sweet Spot intervals. The week then wraps up with your first foray into the world of over-unders, part of a recurrent theme of pushing you slightly above your sustainable power limits in order to grow those very limits.

Tips

While your target power is important and should be kept within narrow constraints, try to approach over-under intervals with as much attention to your body as your power numbers. When you're "over", you'll be lightly flooding your muscles. When you're "under", only allow yourself to back off just enough to gradually clear that flooding.

WEEK 5 - Tips

256 TSS3:30 HOURS

TUESDAY



Carillon (/app/cycling/workouts/1641)

60680.83  
MinTSSIF®

(/app/cycling/workouts/1641)

THURSDAY



Tallac (/app/cycling/workouts/1250)

60740.86  
MinTSSIF®

(/app/cycling/workouts/1250)

SATURDAY



Palisade (/app/cycling/workouts/1262)

901140.87  
MinTSSIF®

(/app/cycling/workouts/1262)

Week Description

Two rounds of over-under intervals precede a week-ending round that double your over-segments and potentially double their benefit. As the cumulative fatigue from weeks past ratchets up, try to hang in there with the promise of next week's drastically reduced recovery workload.

Tips

Proper position while riding out-of-the-saddle (OTS) can distinguish your fluid, seemingly effortless "dancing on the pedals" from the typically painful and brief periods of mashing your feet downward and frying your quads. Find your OTS sweet spot somewhere between hovering too closely to the saddle and pitching your body weight over your front wheel. With consistent practice, your legs will cease to immediately light up and your front tire won't pogo.



**Pettit (/app/cycling/workouts/21542)**

60 39 0.63  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/21542)

THURSDAY



**Bald Knob (/app/cycling/workouts/20725)**

60 44 0.66  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/20725)

SATURDAY



**Brasstown (/app/cycling/workouts/20742)**

90 70 0.68  
Min TSS IF<sup>®</sup>

(/app/cycling/workouts/20742)

**Week Description**

It's time to dial things back, maintain your training schedule, and let your body absorb the stress that you've piled on thus far.

**Tips**

Don't marry yourself to a particular cadence just because it works for other riders. Try to recognize your personal preferences and feel which pedal speeds keep your perceived effort the lowest while maintaining your Target Power. Then determine if these cadences suit your events. If not, you're now embarking on a long-term plan to gradually adjust your natural cadence.