

Sweet Spot Base

Mid Volume I

BASE PHASE

6	5.7	347	5
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 mid-volume version of Sweet Spot Base I serves as an opportunity to revisit the form work that often gets neglected as the cycling season progresses. It then helps establish the aerobic fitness foundation upon which you'll build your season's top fitness.

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

Week 1 - Tips

297 TSS 4:45 HOURS



Ramp Test

25	34	0.91
Min	TSS	IF®



Taku

30	19	0.62
Min	TSS	IF®



Mount Field

60	62	0.79
Min	TSS	IF®



Reinstein

90	101	0.82
Min	TSS	IF®



Glassy

80	81	0.78
Min	TSS	IF®

Week Description

This week is dedicated to assessing your current fitness, familiarizing you with the Sweet Spot intensity level, and opening your eyes to the magical world of over-unders.

When Sunday rolls around and you find yourself feeling like riding long & easy in place of more Sweet Spot work, give Gibbs a shot or try Hatch if you'd like to include a small handful of short sprints.

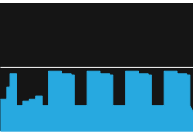
Tips

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

363 TSS 5:45 HOURS



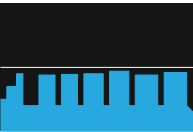
Ericsson

60 64 0.80
Min TSS IF[®]



Carter

45 34 0.67
Min TSS IF[®]



Carson

60 66 0.81
Min TSS IF[®]



Tunemah

90 103 0.83
Min TSS IF[®]



Leavitt +2

90 96 0.80
Min TSS IF[®]

Week Description

Leg speed and muscle endurance get equal billing in your week's first workout. Learn to pedal quickly with as little wasted energy as possible before fostering a little more fat-burning capability during a short, easy midweek spin.

Then you'll face a round of continuous Sweet Spot intervals where the intervals fold directly into one another with no scheduled recovery thereby escalating the muscle endurance challenge in an effort to continue growing your ability to work at near-FTP power outputs for extended durations.

Your weekend cements the over-under/Sweet Spot interval combination, one you'll face every weekend for the entirety of this month of training. And if you'd rather keep things lower in intensity but longer in duration come Sunday, swap Boarstone for your end-of-weekend scheduled workout.

Tips

Weeks lacking a progression of some sort are missed opportunities for improvement. Your body adjusts to stress at a surprising rate, and when you do the same thing week in and week out, it adjusts so well that fitness stagnates. But as long as each week sees a little more work than the week before and you manage to survive each workout reasonably well, you'll see your capabilities rise and rise.

Week 3 - Tips

378 TSS 5:45 HOURS



Tunnabora

60 65 0.80
Min TSS IF®



Carter

45 34 0.67
Min TSS IF®



Monitor +1

60 71 0.84
Min TSS IF®



McAdie

90 112 0.86
Min TSS IF®



Antelope

90 96 0.80
Min TSS IF®

Week Description

This week kicks off with some focus on pedal economy via speed work before shifting again to your aerobic engine and muscle endurance. Then, the weekend's over-unders workout strives to lift your FTP before shifting emphasis the next day toward spending greater total time in the Sweet Spot with the option of doing it in a more aerodynamic position.

Once again, if you'd rather go easier but longer on Sunday, Boarstone is a good choice or take a look at Warren +1 if you'd like to include a trio of sprints early in your workout.

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 of the tension below your knees by relaxing your feet, your ankles and your calves and imagine you are pedaling with your knees. And remember that the more quickly you pedal, the less forceful each pedalstroke becomes - think speed, not force.

Week 4 - Tips

391 TSS 6:15 HOURS



[Carson](#)

60 66 0.81
Min TSS IF®



[Pettit -1](#)

60 27 0.52
Min TSS IF®



[Antelope -4](#)

75 80 0.80
Min TSS IF®



[Palisade](#)

90 114 0.87
Min TSS IF®



[Eclipse](#)

90 104 0.83
Min TSS IF®

Week Description

This week brings a distinctly greater focus to enhancing your ability to drive the pedals without succumbing to fatigue as early as you used to. Put another way, you'll see more Sweet Spot intervals meaning a greater emphasis on muscle endurance. Outside of that, you'll find your usual midweek aerobic-endurance spin as well as your brutal but effective Saturday standby, over-unders.

A couple of possible options for a longer, slower Sunday ride are Koip or Conness.

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 intentionally but lightly flooding your muscles. When you're "under", only allow yourself to back off just enough to gradually clear that flooding.

Week 5 - Tips

413 TSS 6:00 HOURS



[Carillon](#)

60 68 0.83
Min TSS IF®



[Carter](#)

45 34 0.67
Min TSS IF®



[Geiger +1](#)

75 85 0.82
Min TSS IF®



[McAdie +1](#)

90 119 0.89
Min TSS IF®



[Galena](#)

90 107 0.85
Min TSS IF®

Week Description

Two rounds of Over-Under drills find their way into this = week of base training, but one takes place entirely in the Sweet Spot while the other slathers your muscles in that productive burn for 2 minutes at a time. Apart from them, you'll spin lightly through your midweek fat burner, see your second weekday 75-minute Sweet Spot workout and then face your longest Sweet Spot intervals yet come Sunday.

Sounds rough right? It will be. But hang in there because you're verging on an entire week bent on shedding all the fatigue this week promises. And if you feel like dialing down the intensity in lieu of more time in the saddle on Sunday, give Koip or Conness another look.

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, patient practice, your legs will cease to immediately light up and your front tire won't pogo.

Week 6 - Tips

240 TSS 5:30 HOURS



[Pettit](#)

60 39 0.63
Min TSS IF®



[Taku](#)

30 19 0.62
Min TSS IF®



[Bald Knob](#)

60 44 0.66
Min TSS IF®



Andrews

90 73 0.70
Min TSS IF[®]



Fletcher

90 65 0.66
Min TSS IF[®]

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 for the last few weeks.

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.
