

Sweet Spot Base

Low Volume II

BASE PHASE

6	3.4	241	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 II builds rather substantially on the preceding Base I plan in terms of workout types but only marginally increases the stress from week to week all in the hopes of gradually progressing your fitness and raising the training benefit that comes with high-intensity intervals.

Over the course of this 6-week training plan, you'll have opportunities to face and conquer everything from long aerobic Endurance rides to high-intensity VO2max intervals and everything in between.

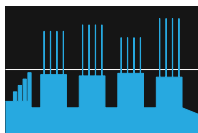
Week 1 - Tips

212 TSS 2:55 HOURS



[Ramp Test](#)

25	34	0.91
Min	TSS	IF®



[Ebbetts](#)

60	68	0.82
Min	TSS	IF®



[Kaweah](#)

90	110	0.86
Min	TSS	IF®

Week Description

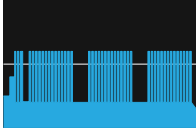
This week kicks off with a smattering of the old blended with an interesting assortment of the new. Following your reassessment to account for any improvement acquired during previous training blocks, you'll square off against one of only a couple of Sweet Spot workouts. But these otherwise familiar intervals include some brief surprises in the form of short but intense, sprint-like bursts. The week then closes out with an introduction to Threshold intervals which will push you right up to your FTP and teach you how to stay there.

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

247 TSS 3:30 HOURS



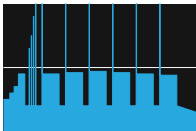
Taylor -2

60 70 0.83
Min TSS IF®



Donner

60 75 0.87
Min TSS IF®



Clark

90 102 0.83
Min TSS IF®

Week Description

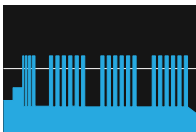
This week kicks off with an entirely new brand of pain in the form of tried and true, high-intensity VO2max repeats. Lucky for you, these are of the 'short-short' variety and even though they'll coax out a very high level of oxygen uptake, they'll do it in a manner arguably more friendly than the longer efforts you'll face in your Build training.

Next, you'll face another round of near-FTP Threshold repeats just before your week draws to a close with a round of Sweet Spot repeats that each begin with a short burst of raw power.

Tips

When it comes to relatively explosive efforts, joint health takes precedence. Just because you want big power and perhaps big quads doesn't mean your knees can instantly tolerate these heavy loads. If you notice any hint of joint discomfort during the warming sprints, sit out the remainder of the sprints and just ride the Sweet Spot segments.

Week 3 - Tips 265 TSS 3:30 HOURS



Bluebell

60 76 0.87
Min TSS IF®



Jepson

60 75 0.86
Min TSS IF®



Palisade

90 114 0.87
Min TSS IF®

Week Description

This week is a blend of VO2max intervals, Threshold work, and an introduction into the downright masochistic world of power steps.

Having conquered 30-second VO2max repeats last week, this week doubles the sustained duration of each repeat. But don't worry because there are far less of them thus only modestly lifting the workout's overall training stress. This is the next stepping stone in your endeavors to eventually dole out power outputs like these for substantially longer stretches or simply get very good at repeating shorter, more intense repeats without fading.

Then, you'll move to your next familiar yet fresh workout format, Threshold intervals with some more sprint-like bursts scattered throughout.

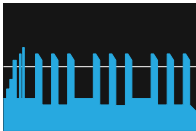
Finally, you'll finish off your training week with a repeat workout of some always painful over-unders.

Tips

Sprint bursts may seem like a nuisance or a disruption, but that's the point. Riders will often have to ramp their power quickly, but sometimes need that power all at once, so this type of muscle activity has to be built. Treat each of these bursts as individual opportunities to grow your muscular capabilities, both how fast you can amass high power as well as how high that power goes.

Week 4 - Tips

274 TSS 3:30 HOURS



[Mills](#)

60 77 0.88
Min TSS IF[®]



[Darwin](#)

60 79 0.89
Min TSS IF[®]



[Mary Austin -1](#)

90 118 0.89
Min TSS IF[®]

Week Description

This week is another well varied, cover-all-bases assortment of workouts that lends itself to furthering a number of riding capabilities.

In what may seem like an unreasonable jump up from 1-minute VO2max intervals, this week once again doubles each interval's duration. Fortunately, the efforts themselves are of the 'peak & fade' nature. This interval design allows you to initially achieve a high oxygen uptake and then tone down the power (and pain) while your cardiovascular stress remains high, high, high.

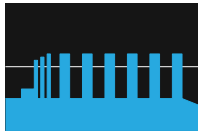
Then, bask in the VO2max afterglow as you undertake a quiet beast of a Threshold workout made even more challenging with an optional emphasis on determining your power/aero balance.

Finally, you'll face some unforgiving steps up to and briefly beyond your FTP. Practice riding through the pain without ever indulging the temptation to bail out.

Tips

Riding slightly above FTP is tough, but it's even tougher to resist the "over-under urge" to drop well below your target power each time you complete an over-segment. Considering how most meaningful moves take place when most riders have already reached their so-called limit, you'll see time and again that this limit is only in your mind.

Everyone rides hard to the top of the hill, but the tough riders continue past the top of the hill and open a gap on everyone who refuses to work just a little longer. By keeping the pace fairly high after the hardest efforts, the winning selections are often formed.

**[Spencer +2](#)**

60 Min 84 TSS 0.92 IF®

**[Lamarck](#)**

60 Min 84 TSS 0.92 IF®

**[Leconte](#)**

90 Min 123 TSS 0.90 IF®

Week Description

This week is one more well varied, cover-all-bases assortment of workouts that lends itself to furthering a number of riding capabilities.

This week's VO2max repeats hold a steadily high level. Added to that, these stay up high for 3 full minutes each. But don't worry, the recovery valleys are a bit longer than usual and more importantly, you're ready for this.

Up next is a workout that affords a bit of flexibility depending on your rate of recovery. If you're tired, dial things down to Sweet Spot with a 10-15% reduction in Workout Intensity. Just a little off your game? Try a 5% drop and stay just below your FTP today. Feeling fresh and ready to see just how "functional" your FTP truly is? Then feel free to see how 40 very steady minutes at hour-power, indoors, actually feels.

Finally, your week is capped off with yet another twist on over-under intervals in the form of mildly varied under-segments, and short but equally varied over-segments.

Tips

Until you're right in the midst of some legit misery, it's hard to convey how crucial the proper mindset can be as efforts become more demanding. As your breathing ramps up and your muscles begin to sear, divide your intervals into more mentally manageable portions. Try to see a 3-minute effort as a 60-second warmup, an intermediate minute where you focus on steady power output, and three sets of 20 seconds where every single second will make you stronger and tougher than you were last week.

**[Pettit](#)**

60 Min 39 TSS 0.63 IF®

**[Beech](#)**

60 Min 46 TSS 0.68 IF®



[View TSS](#)

90	73	0.70
Min	TSS	IF®

Week Description

It's that time again! Back things off, way off, but keep your riding schedule exactly where it's been for the last 3 months of training.

Tips

There's perhaps no more important lesson to learn than "your body adapts during recovery, not during training". It happens between workouts and even more 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.
