

Sweet Spot Base

High Volume I

BASE PHASE

6	8.8	533	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 I is much like its successor in the way that it's built almost exclusively of Sweet Spot workouts. These are aimed at increasing your ability to drive the pedals harder and longer, via improved muscle endurance and higher fatigue resistance, over demanding but not too exhausting workouts. This high-volume onslaught ranges from about 8-9 hours per week.

Following the initial fitness assessment, you'll face 5 weeks of work targeted at a very narrow, specific range of power output except for the occasional recovery ride. Week 6 will bring this initial phase of high-end base conditioning to a close with a week of low-intensity, aerobic Endurance workouts.

Week 1 - Tips

484 TSS 7:55 HOURS



Ramp Test

25	34	0.91
Min	TSS	IF®



Geiger

60	67	0.82
Min	TSS	IF®



Antelope

90	96	0.80
Min	TSS	IF®



Pettit

60	39	0.63
Min	TSS	IF®



Hunter

120	121	0.78
Min	TSS	IF®



Wright Peak -2

120	127	0.80
Min	TSS	IF®

Week Description

This week is dedicated to assessing your current fitness and then heaping on the first heavy dose of Sweet Spot work as you embark on your journey toward greater muscle endurance.

Each Friday will be set aside for some lighter, aerobic endurance work aimed at increasing your fat-metabolizing capabilities; this workout can be shortened, toned down, or skipped if you feel like you're carrying enough fatigue into the weekend to hinder your longer, more demanding workouts.

If you'd rather ride long and "easy" on Sunday, try Town Hill instead.

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

559 TSS 9:00 HOURS



Antelope +2

90 103 0.83
Min TSS IF[®]



Monitor +1

60 71 0.84
Min TSS IF[®]



Geiger +2

90 103 0.83
Min TSS IF[®]



Pettit

60 39 0.63
Min TSS IF[®]



Wright Peak -2

120 127 0.80
Min TSS IF[®]



Hunter -2

120 116 0.76
Min TSS IF[®]

Week Description

This week raises the overall stress load enough to overload your current level of muscle endurance, but ideally not so much that you can't keep up with the workouts. On those days where the level of effort seems a little out of reach, try a small, 5% reduction in Workout Intensity - this will keep things on track while being a little more forgiving. If you encounter more than one of these days in a single week, you might want to reconsider using this high-volume training plan.

Prefer something milder but longer in duration on Sunday? Give Ochoco a shot.

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

582 TSS 9:00 HOURS



Geiger +2

90 103 0.83
Min TSS IF®



Tallac

60 74 0.86
Min TSS IF®



Carillon +2

90 102 0.82
Min TSS IF®



Pettit

60 39 0.63
Min TSS IF®



Juneau -1

120 129 0.80
Min TSS IF®



Tallac +3

120 135 0.82
Min TSS IF®

Week Description

This week brings another increase in total weekly Sweet Spot volume; this is probably a good time to decide if the lighter Friday workouts are productive or if they hamper your ability to perform well over the weekend. If in doubt, skip it for a week and see what level of positive impact is experienced during your longer, 2-hour workouts.

One "easy" Sunday option this weekend is Big Mountain, but Tenaya would work just as well.

Tips

By now you're getting a handle on how manageable this amount of Sweet Spot training is, or perhaps isn't. If 3 weeks in you're still on track, handling the workouts without falling well short of your Target power, then keep on keepin' on!

Week 4 - Tips

592 TSS 9:20 HOURS



Eclipse

90 104 0.83
Min TSS IF®



Glassy

80 81 0.78
Min TSS IF®



Eclipse

90 104 0.83
Min TSS IF®



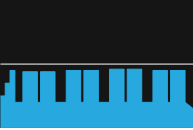
Pettit

60 39 0.63
Min TSS IF®



Tallac +3

120 135 0.82
Min TSS IF®



Juneau -1

120 129 0.80
Min TSS IF®

Week Description

This week continues the training stress escalation and lifts your training load with slight increases throughout the entire week, except your Friday aerobic endurance workout (should you still be including that one). The weekend's intervals are on the relatively shorter side of things, so if the early week is a bit of a struggle then use the promise of these shorter efforts to keep you hanging in there.

A couple of this week's long and "easy" Sunday options are Town Hill and Maclure.

Tips

Week 4 sees another bump in volume just as you'd expect. But if this latest increase in workload seems more daunting than usual, it might be time to rearrange this plan slightly in order to take advantage of a recovery week now rather than waiting for week 6. If that's the case, you'll either have to extend this plan by a week and include 2 recovery weeks or know that you'll be carrying the training stress of weeks 4 and 5 into your next phase of training.

Week 5 - Tips

615 TSS 9:20 HOURS



Galena

90 107 0.85
Min TSS IF®



Looking Glass

80 82 0.78
Min TSS IF®



Galena

90 107 0.85
Min TSS IF®



Pettit

60 39 0.63
Min TSS IF®



Wright Peak -1

120 143 0.85
Min TSS IF®



Galena +3

120 137 0.83
Min TSS IF®

Week Description

As you might expect, This week brings another bump in overall Sweet Spot volume; you've made it this far, and another week is the only thing between you and an entire week of easy rides. While you've faced 30-minute intervals before, you've yet to do it with this amount of fatigue in your legs; if your weekend rides both require a 5% reduction in Workout Intensity, do what's necessary to keep

this pain train on its tracks.

If you'd rather go the long and "easy" route this final Sunday, try Big Mountain or perhaps Tenaya.

Tips

Never underestimate the power of positive thinking, and try to recognize just how much easier it is to stay positive when a recovery week looms on the horizon. Use the promise of next week to keep you focused, motivated and positive never losing sight of the fact that tough training cycles are followed by big performance gains.

Week 6 - Tips

363 TSS 8:00 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®



Taku

30 19 0.62
Min TSS IF®



Boarstone

120 97 0.70
Min TSS IF®



Andrews

90 73 0.70
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.
