

# Sweet Spot Base

Mid Volume II

## BASE PHASE

6	6.2	399	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 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 in an attempt to gradually progress your fitness and raise the training benefit that comes with high-intensity intervals.

An easy midweek ride has been added to offer an opportunity to accumulate up to an hour's worth of low-level, aerobic base work that's unlikely to affect the quality of your more intense work to follow over the course of the rest of each week. It can be done outdoors and can also be skipped if your fatigue is so high that a day off the bike is a safer bet than an easy one on the bike.

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

## Week 1 - Tips

354 TSS 5:25 HOURS



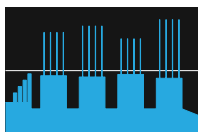
### [Ramp Test](#)

25	34	0.91
Min	TSS	IF®



### [Pettit](#)

60	39	0.63
Min	TSS	IF®



### [Ebbetts](#)

60	68	0.82
Min	TSS	IF®



### [Kaweah](#)

90	110	0.86
Min	TSS	IF®



### [Geiger +2](#)

90	103	0.83
Min	TSS	IF®

Week Description

This week you're going to work on accumulating some milder, aerobic stress before facing a Sweet Spot workout that includes some brief surprises in the form of short but intense, sprint-like bursts.

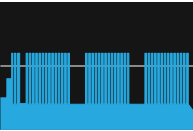
The week then closes out with a pair of straightforward muscle endurance workouts, starting with some Threshold repeats and ending with some Sweet Spot repeats. You're welcome to substitute a longer aerobic endurance ride for those Sweet Spot intervals--try Boarstone in place of your Sunday repeats.

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

407 TSS6:30 HOURS



**Taylor -2**

60	70	0.83
Min	TSS	IF®



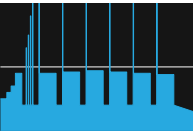
**Pettit**

60	39	0.63
Min	TSS	IF®



**Donner**

60	75	0.87
Min	TSS	IF®



**Clark**

90	102	0.83
Min	TSS	IF®



**Hunter**

120	121	0.78
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.

Following an easy midweek spin, you'll face another round of near-FTP Threshold repeats. After a much-deserved recovery day, your week draws to a close starting with some Sweet Spot intervals that each get rolling with a short, but very high-power burst of speed followed by some steady muscle endurance work. Tie off the week with another round of Sweet Spot intervals at durations that aren't for the ill-conditioned or faint of heart.

Not up for those long Sweet Spot repeats? Try Ochoco instead.

## 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. So 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

435 TSS 6:30 HOURS



### Bluebell

60 76 0.87  
Min TSS IF®



### Pettit

60 39 0.63  
Min TSS IF®



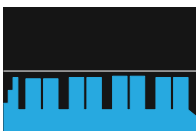
### Jepson

60 75 0.86  
Min TSS IF®



### Carpathian Peak +2

90 116 0.88  
Min TSS IF®



### Juneau -1

120 129 0.80  
Min TSS IF®

## Week Description

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.

Work on your fat-burning motor a bit and then move on to the 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 round of always painful but ever productive over-unders followed the next day with some longer but milder Sweet Spot intervals, ones that even break up the long durations with a soul-restoring, mid-interval respite. Or, ride Town Hill on Sunday if you want to drop the intensity even further.

## Tips

Sprint bursts may seem like a nuisance or a disruption, but that's just the point. Often riders will have to ramp up their power quickly but sometimes they need that power all at once, and 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.

**Mills**

60 77 0.88  
Min TSS IF®

**Pettit**

60 39 0.63  
Min TSS IF®

**Darwin**

60 79 0.89  
Min TSS IF®

**Mary Austin -1**

90 118 0.89  
Min TSS IF®

**Tallac +3**

120 135 0.82  
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 **and** includes an introduction to the downright masochistic world of power steps.

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.

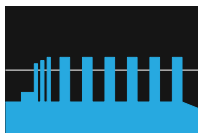
Then, bask in your VO2max afterglow as you accumulate some light, aerobic stress before you undertake a quiet beast of a Threshold workout made even more challenging with an optional emphasis on determining your power-aero balance.

Finally, you'll face some unforgiving steps up to and briefly beyond your FTP where you'll literally practice riding through the pain followed the next day by some long but bearable Sweet Spot intervals. That is unless you choose the long, slow route where you'll substitute Town Hill or Grandfather (if you'd prefer a handful of sprints) in place of Sunday's scheduled workout.

**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. But 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 84 0.92  
Min TSS IF®



### [Pettit](#)

60 39 0.63  
Min TSS IF®



### [Lamarck](#)

60 84 0.92  
Min TSS IF®



### [Leconte](#)

90 123 0.90  
Min TSS IF®



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

120 143 0.85  
Min TSS IF®

## Week Description

Just as well-rounded as last week, this week is a blend of VO2max intervals, Threshold work, a smattering of some atypical over-unders, and some more, long Sweet Spot intervals.

Last week's VO2max repeats started at high power then dropped while this week's holds them steadily high. 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.

How you tackle your second hard workout this week depends on your rate of recovery, and the same goes for Wednesday's easy ride - skip it if the fatigue feels excessively high. If you're still tired come Thursday, 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 after which you'll close the week with long Sweet Spot intervals mentioned earlier. As always, you have a long-slow alternative, this week in the form of Big Mountain or Mount Cook.

## Tips

Until you're right in the midst of the pain, 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 with buildup, divide your intervals into more manageable portions. For example, try to see a 2-minute effort as a 30-second warm-up, an intermediate minute where you focus on your pedalstroke, and a final 30 seconds where every single second will make you stronger and tougher than you were last week.



60 39 0.63  
Min TSS IF<sup>®</sup>



**[Volunteer](#)**

30 22 0.67  
Min TSS IF<sup>®</sup>



**[Beech](#)**

60 46 0.68  
Min TSS IF<sup>®</sup>



**[Andrews](#)**

90 73 0.70  
Min TSS IF<sup>®</sup>



**[Boarstone](#)**

120 97 0.70  
Min TSS IF<sup>®</sup>

**Week Description**

It's that time again! Time to back off, way off, but keep your riding schedule just as it's been.

**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 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.