

SWEET SPOT BASE

High Volume II

Add To Calendar

01 BASE PHASE

6 Weeks10.3 Hours/Wk630 TSS/Wk6 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 II varies little from its predecessor in terms of intensity level but does grow the weekly volume at the same rate achieved in the previous block of training. All workouts are still aimed at increasing your ability to keep power to the pedals via improved muscle endurance and higher fatigue resistance over longer, and still quite demanding, but not overly exhausting workouts. This round of Sweet Spot training ranges from about 10-11 hours per week.

Much like last time, following your initial fitness assessment, you'll face 5 weeks of work all targeted on that same narrow, specific range of power output except your Friday recovery ride. Week 6 again brings this phase of high-end base conditioning to a close with a week of low-intensity, aerobic Endurance workouts.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|--|--|---|---|
| <div>WEEK 1</div> <div>9:25 HOURS</div> <div>596 TSS</div> <div>+ Week Tips</div> | | <div></div> <div>Ramp Test</div> <div>25 34 0.91</div> <div>Min TSS IF²</div> | <div></div> <div>Carillon +2</div> <div>90 102 0.82</div> <div>Min TSS IF²</div> | <div></div> <div>Hunter -1</div> <div>120 123 0.79</div> <div>Min TSS IF²</div> | <div></div> <div>Andrews</div> <div>90 73 0.70</div> <div>Min TSS IF²</div> | <div></div> <div>Tallac +3</div> <div>120 135 0.82</div> <div>Min TSS IF²</div> | <div></div> <div>Antelope +5</div> <div>120 129 0.80</div> <div>Min TSS IF²</div> |
| <div>WEEK 2</div> <div>10:45 HOURS</div> <div>663 TSS</div> <div>+ Week Tips</div> | | <div></div> <div>Antelope +4</div> <div>105 114 0.81</div> <div>Min TSS IF²</div> | <div></div> <div>Geiger +2</div> <div>90 103 0.83</div> <div>Min TSS IF²</div> | <div></div> <div>Hunter</div> <div>120 121 0.78</div> <div>Min TSS IF²</div> | <div></div> <div>Brasstown</div> <div>90 70 0.68</div> <div>Min TSS IF²</div> | <div></div> <div>Eclipse +3</div> <div>120 139 0.83</div> <div>Min TSS IF²</div> | <div></div> <div>Hunter -2</div> <div>120 116 0.76</div> <div>Min TSS IF²</div> |
| <div>WEEK 3</div> <div>11:00 HOURS</div> <div>685 TSS</div> <div>+ Week Tips</div> | | <div></div> <div>Hunter -1</div> <div>120 123 0.79</div> <div>Min TSS IF²</div> | <div></div> <div>Eclipse</div> <div>90 104 0.83</div> <div>Min TSS IF²</div> | <div></div> <div>Antelope +5</div> <div>120 129 0.80</div> <div>Min TSS IF²</div> | <div></div> <div>Fletcher</div> <div>90 65 0.66</div> <div>Min TSS IF²</div> | <div></div> <div>Galena +3</div> <div>120 137 0.83</div> <div>Min TSS IF²</div> | <div></div> <div>Wright Peak -2</div> <div>120 127 0.80</div> <div>Min TSS IF²</div> |
| <div>WEEK 4</div> <div>9:25 HOURS</div> <div>596 TSS</div> <div>+ Week Tips</div> | | <div></div> <div>Ramp Test</div> <div>25 34 0.91</div> <div>Min TSS IF²</div> | <div></div> <div>Carillon +2</div> <div>90 102 0.82</div> <div>Min TSS IF²</div> | <div></div> <div>Hunter -1</div> <div>120 123 0.79</div> <div>Min TSS IF²</div> | <div></div> <div>Andrews</div> <div>90 73 0.70</div> <div>Min TSS IF²</div> | <div></div> <div>Tallac +3</div> <div>120 135 0.82</div> <div>Min TSS IF²</div> | <div></div> <div>Antelope +5</div> <div>120 129 0.80</div> <div>Min TSS IF²</div> |
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| <div>WEEK 4</div> <div>11:00 HOURS</div> <div>713 TSS</div> | | <div></div> <div>Tallac +3</div> <div></div> <div></div> | <div></div> <div>Tallac +2</div> <div></div> <div></div> | <div></div> <div>Juneau -1</div> <div></div> <div></div> | <div></div> <div>Andrews</div> <div></div> <div></div> | <div></div> <div>Wright Peak -1</div> <div></div> <div></div> | <div></div> <div>Antelope +5</div> <div></div> <div></div> |