

SWEET SPOT BASE

Mid Volume I

Add To Calendar




















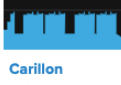
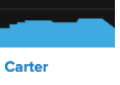
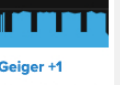




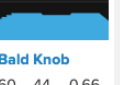
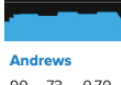
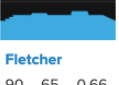
01 BASE PHASE

6 Weeks 5.7 Hours/Wk 347 TSS/Wk 5 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 4:45 HOURS 297 TSS + Week Tips		 Ramp Test 25 34 0.91 Min TSS IF ²	 Taku 30 19 0.62 Min TSS IF ²	 Mount Field 60 62 0.79 Min TSS IF ²		 Reinstein 90 101 0.82 Min TSS IF ²	 Glassy 80 81 0.78 Min TSS IF ²
WEEK 2 5:45 HOURS 363 TSS + Week Tips		 Ericsson 60 64 0.80 Min TSS IF ²	 Carter 45 34 0.67 Min TSS IF ²	 Carson 60 66 0.81 Min TSS IF ²		 Tunemah 90 103 0.83 Min TSS IF ²	 Leavitt +2 90 96 0.80 Min TSS IF ²
WEEK 3 5:45 HOURS 378 TSS + Week Tips		 Tunnabora 60 65 0.80 Min TSS IF ²	 Carter 45 34 0.67 Min TSS IF ²	 Monitor +1 60 71 0.84 Min TSS IF ²		 McAdie 90 112 0.86 Min TSS IF ²	 Antelope 90 96 0.80 Min TSS IF ²
WEEK 4 6:15 HOURS 391 TSS + Week Tips		 Carson 60 66 0.81 Min TSS IF ²	 Pettit -1 60 27 0.52 Min TSS IF ²	 Antelope -4 75 80 0.80 Min TSS IF ²		 Pallsade 90 114 0.87 Min TSS IF ²	 Eclipse 90 104 0.83 Min TSS IF ²
WEEK 5 6:00 HOURS 413 TSS + Week Tips		 Carillon 60 68 0.83 Min TSS IF ²	 Carter 45 34 0.67 Min TSS IF ²	 Geiger +1 75 85 0.82 Min TSS IF ²		 McAdie +1 90 119 0.89 Min TSS IF ²	 Galena 90 107 0.85 Min TSS IF ²
WEEK 6 5:30 HOURS 240 TSS + Week Tips		 Pettit 60 39 0.63 Min TSS IF ²	 Taku 30 19 0.62 Min TSS IF ²	 Bald Knob 60 44 0.66 Min TSS IF ²		 Andrews 90 73 0.70 Min TSS IF ²	 Fletcher 90 65 0.66 Min TSS IF ²