

# SWEET SPOT BASE

High Volume I

Add To Calendar


01 BASE PHASE

6 Weeks 8.8 Hours/Wk 533 TSS/Wk 6 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK 1</b> 7:55 HOURS 484 TSS <a href="#">+ Week Tips</a>		 <b>Ramp Test</b> 25 Min 34 TSS 0.91 IF <sup>+</sup>	 <b>Geiger</b> 60 Min 67 TSS 0.82 IF <sup>+</sup>	 <b>Antelope</b> 90 Min 96 TSS 0.80 IF <sup>+</sup>	 <b>Pettit</b> 60 Min 39 TSS 0.63 IF <sup>+</sup>	 <b>Hunter</b> 120 Min 121 TSS 0.78 IF <sup>+</sup>	 <b>Wright Peak -2</b> 120 Min 127 TSS 0.80 IF <sup>+</sup>
<b>WEEK 2</b> 9:00 HOURS 559 TSS <a href="#">+ Week Tips</a>		 <b>Antelope +2</b> 90 Min 103 TSS 0.83 IF <sup>+</sup>	 <b>Monitor +1</b> 60 Min 71 TSS 0.84 IF <sup>+</sup>	 <b>Geiger +2</b> 90 Min 103 TSS 0.83 IF <sup>+</sup>	 <b>Pettit</b> 60 Min 39 TSS 0.63 IF <sup>+</sup>	 <b>Wright Peak -2</b> 120 Min 127 TSS 0.80 IF <sup>+</sup>	 <b>Hunter -2</b> 120 Min 116 TSS 0.76 IF <sup>+</sup>
<b>WEEK 3</b> 9:00 HOURS 582 TSS <a href="#">+ Week Tips</a>		 <b>Geiger +2</b> 90 Min 103 TSS 0.83 IF <sup>+</sup>	 <b>Tallac</b> 60 Min 74 TSS 0.86 IF <sup>+</sup>	 <b>Carillon +2</b> 90 Min 102 TSS 0.82 IF <sup>+</sup>	 <b>Pettit</b> 60 Min 39 TSS 0.63 IF <sup>+</sup>	 <b>Juneau -1</b> 120 Min 129 TSS 0.80 IF <sup>+</sup>	 <b>Tallac +3</b> 120 Min 135 TSS 0.82 IF <sup>+</sup>
<b>WEEK 4</b> 9:20 HOURS 592 TSS <a href="#">+ Week Tips</a>		 <b>Eclipse</b> 90 Min 104 TSS 0.83 IF <sup>+</sup>	 <b>Glassy</b> 80 Min 81 TSS 0.78 IF <sup>+</sup>	 <b>Eclipse</b> 90 Min 104 TSS 0.83 IF <sup>+</sup>	 <b>Pettit</b> 60 Min 39 TSS 0.63 IF <sup>+</sup>	 <b>Tallac +3</b> 120 Min 135 TSS 0.82 IF <sup>+</sup>	 <b>Juneau -1</b> 120 Min 129 TSS 0.80 IF <sup>+</sup>
<b>WEEK 5</b> 9:20 HOURS 615 TSS <a href="#">+ Week Tips</a>		 <b>Galena</b> 90 Min 107 TSS 0.85 IF <sup>+</sup>	 <b>Looking Glass</b> 80 Min 82 TSS 0.78 IF <sup>+</sup>	 <b>Galena</b> 90 Min 107 TSS 0.85 IF <sup>+</sup>	 <b>Pettit</b> 60 Min 39 TSS 0.63 IF <sup>+</sup>	 <b>Wright Peak -1</b> 120 Min 143 TSS 0.85 IF <sup>+</sup>	 <b>Galena +3</b> 120 Min 137 TSS 0.83 IF <sup>+</sup>
<b>WEEK 6</b> 8:00 HOURS 363 TSS <a href="#">+ Week Tips</a>		 <b>Fletcher</b> 90 Min 65 TSS 0.66 IF <sup>+</sup>	 <b>Pettit</b> 60 Min 39 TSS 0.63 IF <sup>+</sup>	 <b>Brasstown</b> 90 Min 70 TSS 0.68 IF <sup>+</sup>	 <b>Taku</b> 30 Min 19 TSS 0.62 IF <sup>+</sup>	 <b>Boarstone</b> 120 Min 97 TSS 0.70 IF <sup>+</sup>	 <b>Andrews</b> 90 Min 73 TSS 0.70 IF <sup>+</sup>