

SWEET SPOT BASE

Mid Volume II

Add To Calendar

01 BASE PHASE









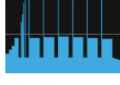















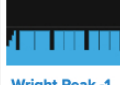




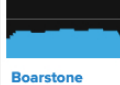
6 Weeks 6.2 Hours/Wk 399 TSS/Wk 5 Rides/Wk

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 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 5:25 HOURS 354 TSS + Week Tips		 Ramp Test 25 Min 34 TSS 0.91 IF ²	 Pettit 60 Min 39 TSS 0.63 IF ²	 Ebbetts 60 Min 68 TSS 0.82 IF ²		 Kaweah 90 Min 110 TSS 0.86 IF ²	 Geiger +2 90 Min 103 TSS 0.83 IF ²
WEEK 2 6:30 HOURS 407 TSS + Week Tips		 Taylor -2 60 Min 70 TSS 0.83 IF ²	 Pettit 60 Min 39 TSS 0.63 IF ²	 Donner 60 Min 75 TSS 0.87 IF ²		 Clark 90 Min 102 TSS 0.83 IF ²	 Hunter 120 Min 121 TSS 0.78 IF ²
WEEK 3 6:30 HOURS 435 TSS + Week Tips		 Bluebell 60 Min 76 TSS 0.87 IF ²	 Pettit 60 Min 39 TSS 0.63 IF ²	 Jepson 60 Min 75 TSS 0.86 IF ²		 Carpathian Peak +2 90 Min 116 TSS 0.88 IF ²	 Juneau -1 120 Min 129 TSS 0.80 IF ²
WEEK 4 6:30 HOURS 448 TSS + Week Tips		 Mills 60 Min 77 TSS 0.88 IF ²	 Pettit 60 Min 39 TSS 0.63 IF ²	 Darwin 60 Min 79 TSS 0.89 IF ²		 Mary Austin -1 90 Min 118 TSS 0.89 IF ²	 Tallac +3 120 Min 135 TSS 0.82 IF ²
WEEK 5 6:30 HOURS 473 TSS + Week Tips		 Spencer +2 60 Min 84 TSS 0.92 IF ²	 Pettit 60 Min 39 TSS 0.63 IF ²	 Lamarck 60 Min 84 TSS 0.92 IF ²		 Leconte 90 Min 123 TSS 0.90 IF ²	 Wright Peak -1 120 Min 143 TSS 0.85 IF ²
WEEK 6 6:00 HOURS 277 TSS + Week Tips		 Pettit 60 Min 39 TSS 0.63 IF ²	 Volunteer 30 Min 22 TSS 0.67 IF ²	 Beech 60 Min 46 TSS 0.68 IF ²		 Andrews 90 Min 73 TSS 0.70 IF ²	 Boarstone 120 Min 97 TSS 0.70 IF ²