

Sweet Spot Rev-Ups

Sweet Spot training is universally agreed to be a key part of building FTP levels as well as the ability to ride at high power outputs for sustained periods of time.

This session is great to use when trying to lift your FTP as it builds Time in Zone (TIZ) at just below threshold. The Rev Ups also build your ability to cope with changes in pace and also to carry on riding at a high level after an intense effort.

Sweet Spot is sub zone that straddles upper Z3 (tempo) and lower Z4 (threshold). It is 88% to 93% of your set FTP level.

Equipment Used

4.5" or 3" rollers with Flywheel or Headwind Fan.

This session needs resistance. A Flywheel on either the 4.5" or 3" Kreitler rollers will give a road like feel with enough resistance to ride at high power levels.

The Session

Warm up at a lower Z2 level for 10 minutes. Include 2 low-gear high-cadence rev outs in the warm up.

Then...

10 mins Sweet Spot, 5 mins Z2 – repeated 3 times

In the second and third SS effort, do a 6 second rev out every 3 minutes. Use the gear you are in and sprint to the highest cadence you can for 6 seconds. Settle back to your SS level as quickly as possible.

Warm down for 5 mins after final SS effort.

KREITLER[®] ROLLERS

Training sessions provided by
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Halo
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How to Do It

This session is quite taxing. Sustained efforts near threshold are psychologically hard so be prepared to “keep on going.” The time between the SS efforts is Z2, so get back to that level as quickly as possible after the effort.

Cadence for the SS efforts should be around 80-85 rpm to give you something to “lean on.”

During the re-up, hold your body still and engage your core.

Progression and Other Thoughts

The classic threshold building effort is 2 x 20 minute Sweet Spot efforts. Twice a week for three weeks will make a noticeable difference to your fitness. However, getting to that level will take time if you are starting out with this type of training.

This session is the base level; 3 x 10 min SS. The next progression would be 2 x 15 minute SS, i.e. two intervals but of a longer duration. Although the Time in Zone (TIZ) is still the same, it will feel harder as the continuous efforts are longer.

Progression 2 would be 2 x 15 minutes SS, then 3 x 15 minutes. Finally you can go to 2 x 20 minutes and if you can get to it, 3 x 20 minutes.

Remember, that you should always ride at Z2 between the Sweet Spot intervals.