

The Power of 3 - Heartbeat Song, Stolen Dance, Shut Up and Dance

Bench Mark Testing

Goal 1: Find an appropriate HR or Wattage for a 12 minute interval.

Goal 2:

Song Title	Artist	Song Length	Song Start Time in Set	BPM	Mixed in Key Camelot Result	Mixed in Key Energy Level	Notes
Heartbeat Song	Kelly Clarkson	3m 15s	0m 0s	149	2B	7	
Stolen Dance	Milky Chance	4m 48s	3m 15s	114	1A	6	
Shut Up and Dance	Ella Henderson	3m 18s	8m 3s	128	3B	7	
		Set Length	11m 21s				
Song	Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE <small>(on a scale of 1-10, 5=threshold)</small>	RPM	Cues/Notes
Heartbeat Song	3m 15s	0m 0s	11m 21s	Seated	4-6	80-110	Find a maintainable wattage or HR
Stolen Dance	0m 15s	3m 15s	8m 6s	Standing	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 45s	3m 30s	7m 51s	Seated	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 15s	4m 15s	7m 6s	Standing	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 45s	4m 30s	6m 51s	Seated	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 15s	5m 15s	6m 6s	Standing	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 45s	5m 30s	5m 51s	Seated	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 15s	6m 15s	5m 6s	Standing	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 45s	6m 30s	4m 51s	Seated	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 15s	7m 15s	4m 6s	Standing	4-6	60-80	Find a maintainable wattage or HR
Stolen Dance	0m 33s	7m 30s	3m 51s	Seated	4-6	60-80	Find a maintainable wattage or HR
Shut Up and Dance	0m 10s	8m 3s	3m 18s	Standing	4-6	60-80	Find a maintainable wattage or HR
Shut Up and Dance	0m 50s	8m 13s	3m 8s	Standing	4-6	60-80	Find a maintainable wattage or HR
Shut Up and Dance	0m 10s	9m 3s	2m 18s	Standing	4-6	60-80	Find a maintainable wattage or HR
Shut Up and Dance	0m 50s	9m 13s	2m 8s	Standing	4-6	60-80	Find a maintainable wattage or HR
Shut Up and Dance	0m 10s	10m 3s	1m 18s	Standing	4-6	60-80	Find a maintainable wattage or HR
Shut Up and Dance	1m 8s	10m 13s	1m 8s	Standing	4-6	60-80	Find a maintainable wattage or HR
Totals		11m 21s	0m 0s				Check Average HR or Wattage

