

Name The Loud Ones

Purpose *Fast, hard intervals - aerobic & anaerobic power*

Song	SprintShift Position	Time start	Appx. length	Notes
Godsmack - "1000hp"	2	0:00	0:35	
	1	0:35	0:25	
	3	0:58	0:15	95+ rpm
		1:12	0:15	increase resistance slightly
	1	1:27	0:25	70-75 rpm
	3	1:54	0:20	95+ rpm
	2	2:15	0:25	100+ rpm, smooth!
	3	2:40	0:20	shift & add resistance, very heavy, 80-90 rpm
	2	2:58	0:45	don't dial any off! 90+ rpm, burn through it
	1	3:42	0:00	very easy into...
	Killbot - "Sound Surgery"	1	0:00	0:35
2		0:35	0:35	80-90 rpm
1		1:10	0:15	smooth
2		1:25	0:20	
3		1:45	0:15	standing
		2:01	0:20	seated, cadence up
1		2:35	0:20	smooth
2		2:55	0:20	
3		3:12	0:15	standing
		3:28	0:20	seated, cadence up
Stone Temple Pilots - "Dead & Bloated"		1	4:04	0:00
	1	0:00	0:15	
	3	0:16	0:35	very heavy, 60-75 rpm
	2	0:53	0:30	70-85 rpm
		1:25	0:15	build up cadence
	3	1:40	0:25	60-75 rpm again
	2	2:03	0:30	
		2:35	0:15	build up cadence
	3	2:50	0:25	SPRINT!
	1	3:15	0:05	haha, just kidding...
	3	3:21	0:25	SPRINT AGAIN!
2	3:45	0:45	<i>hold, hold, hold...</i>	
	4:30	0:10	build up cadence	
3	4:40	0:25	SPRINT SPRINT SPRINT	
Little Dragon - "Little Man"	1	0:00	7:15	recovery riding