

The Power of 3 - Talk Dirty, Tainted Love, Bohemian Rhapsody

“Close the Gap”

Goal 1: Finish the ride at least 1 watt above threshold

Goal 2: “Close the gap” or “catch” your threshold throughout the ride.

Song Title	Artist	Song Length	Song Start Time in Set	BPM	Mixed in Key Camelot Result	Mixed in Key Energy Level	Notes
Talk Dirty	Poison	3m 30s	0m 0s	79	2B	6	
Tainted Love	Soft Cell	7m 15s	3m 30s	145	6A	7	
Bohemian Rhapsody	Queen	5m 45s	10m 45s	71	6B	5	
		Set Length	16m 30s				
Song	Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Cues/Notes
Talk Dirty	2m 30s	0m 0s	16m 30s	Seated	4-5	80-110	Ride just below threshold wattage
Talk Dirty	1m 0s	2m 30s	14m 0s	Seated	5-6	80-110	“Close the gap”, ride at a wattage high enough to “catch” your threshold wattage.
Tainted Love	2m 30s	3m 30s	13m 0s	Seated	4-5	60-80	Ride just below threshold wattage
Tainted Love	1m 15s	6m 0s	10m 30s	Seated	5-6	60-80	“Close the gap”, ride at a wattage high enough to “catch” your threshold wattage.
Tainted Love	2m 30s	7m 15s	9m 15s	Seated	4-5	60-80	Ride just below threshold wattage
Tainted Love	1m 0s	9m 45s	6m 45s	Seated	5-6	60-80	“Close the gap”, ride at a wattage high enough to “catch” your threshold wattage.
Bohemian Rhapsody	2m 0s	10m 45s	5m 45s	Standing	4-5	60-80	Ride just below threshold wattage
Bohemian Rhapsody	1m 0s	12m 45s	3m 45s	Standing	5-6	60-80	“Close the gap”, ride at a wattage high enough to “catch” your threshold wattage.
Bohemian Rhapsody	1m 0s	13m 45s	2m 45s	Standing	4-5	60-80	Ride just below threshold wattage
Bohemian Rhapsody	1m 45s	14m 45s	1m 45s	Choice	Choice	60-110	“Close the gap”, ride at a wattage high enough to “catch” your threshold wattage.
	Totals	16m 30s	0m 0s				

