

The Power of 3 - Congregation, The Hanging Tree, In the Clear

“Around, Below & Above”

Goal 1: Ride at or find maximum sustainable/threshold intensity, recover slightly below threshold intensity, finish above threshold intensity

Goal 2:

| Song Title | Artist | Song Length | Song Start Time in Set | BPM | Mixed in Key Camelot Result | Mixed in Key Energy Level | Notes |
|------------------|-----------------|---------------|------------------------|-----------------|---|---------------------------|--|
| Congregation | Foo Fighters | 5m 5s | 0m 0s | 76 | 9A | 7 | |
| The Hanging Tree | Peter G Rewerks | 3m 58s | 5m 5s | 60 | 8A | 7 | |
| In the Clear | Foo Fighters | 4m 0s | 9m 3s | 66 | 9B | 7 | |
| | | Set Length | 13m 3s | | | | |
| Song | Interval Time | Time Into Set | Time Left in Set | Riding Position | RPE (on a scale of 1-10, 5=threshold) | RPM | Cues/Notes |
| Congregation | 5m 5s | 0m 0s | 13m 3s | Seated | 5 | 80-110 | Settle into an Around Threshold wattage |
| The Hanging Tree | 3m 58s | 5m 5s | 7m 58s | Standing | 4 | 60-80 | Let wattage drop 10-20 watts below threshold |
| In the Clear | 4m 0s | 9m 3s | 4m 0s | Seated | 6-9 | 80-110 | Find your Peak Average wattage for 4 minutes |
| | | 13m 3s | 0m 0s | | | | |