

The Power of 3 - I Lived, I Am A River, Ghost							
“Find the Flow”							
Goal 1:	Ride at the beat of the music for all the songs. 60rpm, 83rpm, 105rpm.						
Goal 2:	“Find the Flow” during the second song.						
Song Title	Artist	Song Length	Song Start Time in Set	BPM	Mixed in Key Camelot Result	Mixed in Key Energy Level	Notes
I Lived	OneRepublic	3m 50s	0m 0s	60	11B	7	
I Am A River	Foo Fighters	7m 6s	3m 50s	83	12B	4	
Ghost	Ella Henderson	3m 30s	10m 56s	105	11B	7	
		Set Length	14m 26s				
Song	Interval Time	Time Into Set	Time Left in Set	Riding Position	RPE (on a scale of 1-10, 5=threshold)	RPM	Cues/Notes
I Lived	1m 0s	0m 0s	14m 26s	Seated	3-4	60	Find a maintainable wattage at 60RPM
I Lived	1m 0s	1m 0s	13m 26s	Standing	3-4	60	Hold Wattage and RPM
I Lived	1m 0s	2m 0s	12m 26s	Seated	3-4	60	Hold Wattage and RPM
I Lived	0m 50s	3m 0s	11m 26s	Standing	3-4	60	Hold Wattage and RPM
I Am A River	7m 6s	3m 50s	10m 36s	Seated	3-4	83	Try to find your Flow and hold 83 RPM
Ghost	1m 0s	10m 56s	3m 30s	Seated	4-5	105	105 RPM, Around Threshold
Ghost	1m 0s	11m 56s	2m 30s	Seated	5-6	105	105 RPM, slightly higher wattage
Ghost	1m 30s	12m 56s	1m 30s	Seated	6-7	105	105 RPM, slightly higher wattage
	1m 0s	14m 26s	0m 0s				
	Totals	0	0				

[illegible]