

The Power of 3 - Rhiannon, Come On Eileen, Stairway

“Stairway To Heaven”

Goal 1: During the first song find an average or “benchmark” wattage that corresponds with maximum sustainable intensity.

Goal 2: During the second song work below, around and above threshold but finish each song close to maximum intensity.

Song Title	Artist	Song Length	Song Start Time in Set	BPM	Mixed in Key Camelot Result	Mixed in Key Energy Level	Notes
Rhiannon	Stevie Nicks	6m 45s	0m 0s	128	8A	5	
Come On Eileen	Dexie’s Mid Run	4m 0s	6m 45s	109	8A	7	
Stairway to Heaven	Heart	7m 30s	10m 45s	92	8A	4	
		Set Length	18m 15s				
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
Rhiannon	1m 30s	0m 0s	18m 15s	Seated	3-4	80-110	Advanced Warmup
Rhiannon	5m 15s	1m 30s	16m 45s	Seated	4-6	80-110	Note Average or “Benchmark” Wattage
Come On Eileen	0m 27s	6m 45s	11m 30s	Standing	2-3	60-80	Below Bechmark Wattage
Come On Eileen	0m 18s	7m 12s	11m 3s	Seated	6-7	60-80	Above Benchmark Wattage
Come On Eileen	0m 39s	7m 30s	10m 45s	Standing	2-3	60-80	Below Bechmark Wattage
Come On Eileen	0m 17s	8m 9s	10m 6s	Seated	6-7	60-80	Above Benchmark Wattage
Come On Eileen	0m 43s	8m 26s	9m 49s	Standing	2-3	60-80	Below Bechmark Wattage
Come On Eileen	0m 26s	9m 9s	9m 6s	Seated	6-7	60-80	Above Benchmark Wattage
Come On Eileen	0m 20s	9m 35s	8m 40s	Standing	2-3	60-80	Below Bechmark Wattage
Come On Eileen	0m 10s	9m 55s	8m 20s	Standing	4-5	60-80	Above Benchmark Wattage
Come On Eileen	0m 10s	10m 5s	8m 10s	Standing	5-6	60-80	Increase Wattage
Come On Eileen	0m 10s	10m 15s	8m 0s	Standing	6-7	60-80	Increase Wattage
Come On Eileen	0m 20s	10m 25s	7m 50s	Standing	7-8	60-80	Increase Wattage
Stairway to Heaven	2m 30s	10m 45s	7m 30s	Seated	3-4	60-70	Below Bechmark Wattage
Stairway to Heaven	2m 30s	13m 15s	5m 0s	Seated	4-5	70-80	Around Benchmark Wattage
Stairway to Heaven	2m 30s	15m 45s	2m 30s	Standing	7-8	60-80	Above Benchmark Wattage
		18m 15s	0m 0s				

