

# The Power of 3 - Without You, My Body, Love Me

<b>Goal 1:</b>	Finish each song above Threshold						
<b>Goal 2:</b>	Finish the entire set above Threshold by at least one watt.						
Song Title	Artist	Song Length	Song Start Time in Set	BPM	Mixed in Key Camelot Result	Mixed in Key Energy Level	Notes
Without You	Shawn Mullins	4m 0s	0m 0s	130	8B	7	
My Body	Young the Giant	3m 53s	4m 0s	130	7B	7	
Love Me Again	John Newman	3m 48s	7m 53s	130	7A	8	
		<b>Set Length</b>	<b>11m 41s</b>				
Song	Interval Time	Time Into Set	Time Left in Set	Riding Position	Intensity	RPM	Cues/Notes
Without You	1m 0s	0m 0s	11m 41s	Seated	Below Threshold	80-110	
Without You	3m 0s	1m 0s	10m 41s	Seated	Above Threshold	80-110	Ave Watts should be above threshold at end
My Body	1m 0s	4m 0s	7m 41s	Seated	Below Theshold	60-80	Ave Watts my drop below threshold
My Body	2m 53s	5m 0s	6m 41s	Seated	Above Threshold	60-80	Ave Watts Should be above threshold at end
Love Me Again	1m 0s	7m 53s	3m 48s	Standing	Below Threshold	60-80	Ave Watts my drop below threshold
Love Me Again	1m 0s	8m 53s	2m 48s	Standing	Above Threshold	60-80	Bring Ave Watts Close to threshold
Love Me Again	1m 48s	9m 53s	1m 48s	Rider's Choice	Above Threshold	60-110	End above threshold
	<b>Totals</b>	<b>11m 41s</b>	<b>0m 0s</b>				

