

The Power of 7 - "Turn It Up"

Goal 1:	Increase average wattage on every interval.						
Goal 2:							
Song Title	Artist	Song Length	Song Start Time in Set	BPM	Mixed in Key Camelot Result	Mixed in Key Energy Level	Notes
Lessons in Love	Neon Trees	3m 40s	0m 0s	130	10A	7	
Dance Again	J Lo	3m 45s	3m 40s	130	10A	8	
Walking On Air	Katy Perry	3m 20s	7m 25s	130	11A	8	
Moves Like Jagger	Maroon 5	3m 9s	10m 45s	130	10A	7	
Only Girl	Rihanna	3m 26s	13m 54s	130	10A	7	
Mmm Yea	Austin Mahone	3m 40s	17m 20s	130	11A	7	
Timber	Pitbull	3m 20s	21m 0s	130	1B	8	
		Set Length	24m 20s				
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
Lessons in Love	3m 0s	0m 0s	24m 20s	Seated	4-5	80-110	Check Average Wattage at end of each interval
Lessons in Love	1m 0s	3m 0s	21m 20s	Choice	1-2	60-110	
Dance Again	3m 0s	4m 0s	20m 20s	Seated	5-6	60-80	Push to higher wattage than last interval
Dance Again	1m 0s	7m 0s	17m 20s	Choice	1-2	60-110	
Walking On Air	3m 0s	8m 0s	16m 20s	Standing	6-7	60-80	Push to higher wattage than last interval
Moves Like Jagger	1m 0s	11m 0s	13m 20s	Choice	1-2	60-110	
Moves Like Jagger	2m 0s	12m 0s	12m 20s	Seated	4-5	80-110	Push to higher wattage than last interval
Only Girl	1m 0s	14m 0s	10m 20s	Choice	1-2	60-110	
Only Girl	2m 0s	15m 0s	9m 20s	Seated	5-6	60-80	Push to higher wattage than last interval
Only Girl	1m 0s	17m 0s	7m 20s	Choice	1-2	60-110	
Mmm Yea	2m 0s	18m 0s	6m 20s	Standing	6-7	60-80	Push to higher wattage than last interval
Mmm Yea	0m 30s	20m 0s	4m 20s	Choice	1-2	60-110	
Mmm Yea	1m 0s	20m 30s	3m 50s	Seated	4-5	80-110	Push to higher wattage than last interval
Timber	0m 30s	21m 30s	2m 50s	Choice	1-2	60-110	
Timber	1m 0s	22m 0s	2m 20s	Seated	5-6	60-80	Push to higher wattage than last interval
Timber	0m 20s	23m 0s	1m 20s	Choice	1-2	60-110	
Timber	1m 0s	23m 20s	1m 0s	Standing	6-7	60-80	Push to higher wattage than last interval
	Totals	24m 20s	0m 0s				

