

# The Power of “3” - Three Song Sets

<b>Goal 1:</b>	<b>Complete this set with an average wattage of at least 1 watt above “threshold”</b>						
<b>Goal 2:</b>							
Song Title	Artist	Song Length	Set Time	BPM	Mixed in Key Camelot Result	Mixed in Key Energy Level	Notes
The Miracle	U2	3m 55s	0	135	8A	7	
Angel In Blue Jeans	Train and Peter G ReWRk	4m 17s	3m 55s	115	8A	7	
Bone Thugs-N-Chili Peppers (Otherside)	The Melker Project	4m 3s	8m 12s	128	8A	8	
		<b>Set Length</b>	<b>12m 15s</b>				
Song	Interval Time	Time Into Set	Time Left in Set	Riding Position	Intensity	RPM	Cues/Notes
The Miracle	2m 0s	0m 0s	12m 15s	Seated	Around Threshold	90-110	
The Miracle	1m 55s	2m 0s	10m 15s	Seated	Above Threshold	90-110	
Angel In Blue Jeans	0m 15s	3m 55s	8m 20s	Standing	Recovery	60-80	Recover below threshold
Angel In Blue Jeans	0m 45s	4m 10s	8m 5s	Seated	Above Threshold	60-80	Work hard enough to bring ave watts back to before recovery level
Angel In Blue Jeans	0m 15s	4m 55s	7m 20s	Standing	Recovery	60-80	Recover below threshold
Angel In Blue Jeans	0m 45s	5m 10s	7m 5s	Seated	Above Threshold	60-80	Work hard enough to bring ave watts back to before recovery level
Angel In Blue Jeans	0m 15s	5m 55s	6m 20s	Standing	Recovery	60-80	Recover below threshold
Angel In Blue Jeans	0m 45s	6m 10s	6m 5s	Seated	Above Threshold	60-80	Work hard enough to bring ave watts back to before recovery level
Angel In Blue Jeans	0m 15s	6m 55s	5m 20s	Standing	Recovery	60-80	Recover below threshold
Angel In Blue Jeans	0m 45s	7m 10s	5m 5s	Seated	Above Threshold	60-80	Work hard enough to bring ave watts back to before recovery level
Angel In Blue Jeans	0m 17s	7m 55s	4m 20s	Standing	Recovery	60-80	Recover below threshold
Bone Thugs	4m 3s	8m 12s	4m 3s	Your Choice	Above Threshold	60-110	Try to increase wattage every minute, end at max
		<b>12m 15s</b>	<b>0m 0s</b>	<b>Seated</b>	<b>Recovery</b>	<b>90-110</b>	

