

# The Power of 3 - Outside, Bones Thugs-N-Chili Peppers, Vertigo

## “Like Warren Miller Only Better”

**Goal 1:** Keep the average wattage in the “Around Threshold” Zone of 90-105% of FTP (Functional Threshold Power)

**Goal 2:**

| Song Title                 | Artist                 | Song Length   | Song Start Time in Set | BPM             | Mixed in Key Camelot Result                 | Mixed in Key Energy Level | Notes                                     |
|----------------------------|------------------------|---------------|------------------------|-----------------|---|---------------------------|---|
| Outside                    | Foo Fighters           | 5m 2s         | 0m 0s                  | 130             | 9A  | 7                         |   |
| Bone Thugs-N-Chili Peppers | The Melker Project     | 4m 1s         | 5m 2s                  | 130             | 8A  | 8                         |   |
| Vertigo                    | U2 and Peter G Rewerks | 5m 8s         | 9m 3s                  | 130             | 9A  | 7                         |   |
|                            |                        | Set Length    | 14m 11s                |                 |   |                           |   |
| Song                       | Interval Time          | Time Into Set | Time Left in Set       | Riding Position | RPE<br>(on a scale of 1-10,<br>5=threshold) | RPM                       | Cues/Notes                                |
| Outside                    | 5m 2s                  | 0m 0s         | 14m 11s                | Seated          | 4-6   | 80-110                    | Settle into an Around Threshold wattage   |
| Bones Thugs                | 0m 15s                 | 5m 2s         | 9m 9s                  | Standing        | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Bones Thugs                | 0m 45s                 | 5m 17s        | 8m 54s                 | Seated          | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Bones Thugs                | 0m 15s                 | 6m 2s         | 8m 9s                  | Seated          | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Bones Thugs                | 0m 45s                 | 6m 17s        | 7m 54s                 | Standing        | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Bones Thugs                | 0m 15s                 | 7m 2s         | 7m 9s                  | Seated          | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Bones Thugs                | 0m 45s                 | 7m 17s        | 6m 54s                 | Standing        | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Bones Thugs                | 0m 15s                 | 8m 2s         | 6m 9s                  | Seated          | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Bones Thugs                | 0m 45s                 | 8m 17s        | 5m 54s                 | Standing        | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Vertigo                    | 1m 0s                  | 9m 2s         | 5m 9s                  | Standing        | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Vertigo                    | 1m 0s                  | 10m 2s        | 4m 9s                  | Seated          | 4-6   | 60-80                     | Keep wattage in the Around Threshold zone |
| Vertigo                    | 1m 0s                  | 11m 2s        | 3m 9s                  | Standing        | 7   | 60-80                     | Increase Wattage                          |
| Vertigo                    | 1m 0s                  | 12m 2s        | 2m 9s                  | Standing        | 8   | 60-80                     | Increase Wattage                          |
| Vertigo                    | 1m 9s                  | 13m 2s        | 1m 9s                  | Standing        | 9   | 60-70                     | Increase Wattage                          |
|                            |                        | 14m 11s       | 0m 0s                  |                 |   |                           |   |