

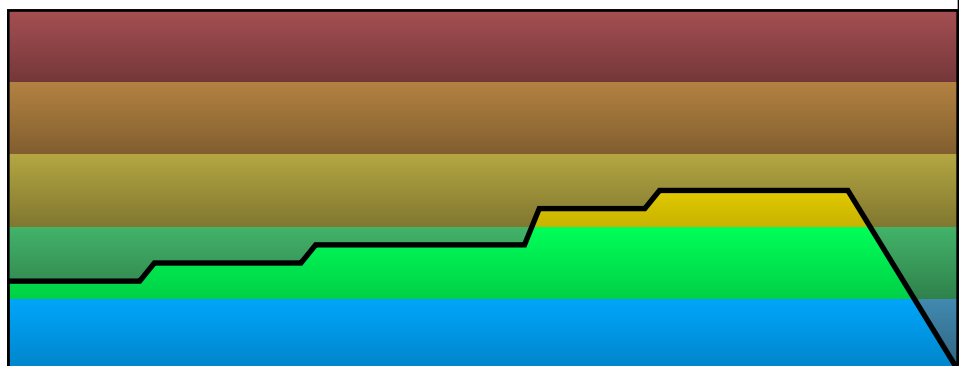
# Devil Drums

Original Author: Joey

**Song Time: 5:23**

**Points: 15**

	<b>Z1</b>	<b>Z2</b>	<b>Z3</b>	<b>Z4</b>	<b>Z5</b>
(points)	1	6	8	0	0
(minutes)	0.3	2.9	2.5	0.0	0.0
(time %)	4%	51%	43%	0%	0%



Performance

## 1. (5:23)

Devil Drums - Scooter

**0:00: Grab some water and get ready**

Zone: L2 Cadence: 85-95 rpm Power: 0.9-1.4 watts/lb RPE: 3

**0:17: Dial In Cadence 80-85**

Zone: L2 Cadence: 80-85 rpm Power: 1.0-1.5 watts/lb RPE: 3

**0:45: Cadence 85-90**

Zone: 2 Cadence: 85-90 rpm Power: 1.0-1.5 watts/lb RPE: 3

**1:12: Cadence 90-95**

Zone: 2 Cadence: 90-95 rpm Power: 1.0-1.5 watts/lb RPE: 3

**1:39: Reduce Cadence 90**

Zone: H2 Cadence: 90-90 rpm Power: 1.0-1.5 watts/lb RPE: 3

**2:08: Increase Cadence 95**

Zone: H2 Cadence: 95-95 rpm Power: 1.0-1.5 watts/lb RPE: 3

**2:55: Add some tension: Increase Cadence 100**

Zone: L3 Cadence: 100-100 rpm Power: 1.0-1.5 watts/lb RPE: 4

**3:36: Increase Cadence 105**

Zone: 3 Cadence: 105-105 rpm Power: 1.0-1.5 watts/lb RPE: 5

**4:45: Increase Cadence 105-110**

Zone: 3 Cadence: 105-110 rpm Power: 1.0-1.5 watts/lb RPE: 5