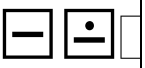
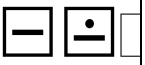
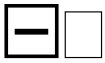
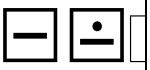
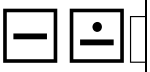
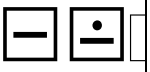
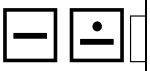
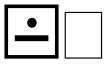
# Power For the People

## Power testing Intervals

## 57 minutes

| Elapsed Time | Tune | Movement | Intensity | Tempo | Cadence | Notes | Duration |
|---|---|---|---|---|---|---|---|
| 0<br>3:56 | Power of Love – Huey Lewis | | Low<br>Flat Road | 119 | free | Establish Flat Road | 3:56 |
| 3:57<br>7:00 | Raw Power – Guns n Roses |  | Med-hi | 91 | Single Then sprint | Keep increasing power on successive | 3:11 |
| 7:00<br>11:00 | AM Radio – Everclear |  | Med-hi | 93 | 20 sec sprints | Intervals out of the saddle | 3:54 |
| 11:00<br>15:30 | Horse Power – Chemical Bros | | Med-hi | 123 | alt | | 5:51 |
| 15:30<br>20:00 | Lust For Life – Iggy Pop |  | Med<br>Fast | 102 | single | fast | 5:15 |
| 20:00<br>24:00 | Way Too Much - Chromeo |  | low | 78 | single | chill | 4:08 |
| 24:00<br>27:45 | Good Times Roll - Cars | | Med<br>Fast | 110 | single | fast | 3:44 |
| 27:45<br>30:45 | How Much More – GoGos |  | Med-hi | 95 | Single 20 sec sprint | Keep Increasing Power on successive intervals | 3:03 |
| 30:45<br>34:15 | Ice Cream On Blast – Atrak | | Med-hi | 126 | alt | | 3:32 |
| 34:15<br>39:30 | Epic – FaithNoMore |  | Med-hi | 87 | Single - 20 sec sprints | Keep Increasing Power on successive intervals | 4:53 |
| 39:30<br>42:30 | Power of Moonlite – Tiger Army | | Med-hi | 129 | Alt | | 2:58 |
| 42:30<br>46:30 | Power of Equality – RHCP |  | Med-hi | 90 | Single - 20 sec sprints | Keep Increasing Power on successive intervals | 4:04 |
| 46:30<br>52:00 | Fight the Power – Isley Brothers |  | Med-hi | 130 | Alt | | 5:21 |
| | Bruises – Chairlift | | Low | 93 | | | 4:01 |
| | | | | | | | |