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Powered Up Intervals Classic Vinyl Edition Jan 2015

Goal: Interval training in both predictable and unpredictable efforts finishing with Anaerobic Threshold Time Trial at end for a heart crushing finish.

Stage	Music	Time	Drill	Focus/Cues
1	Magic Carpet Ride - Steppenwolf	4:31	Warm Up	Find Flat Road and Beginning of hill difference.
2	Radar Love - Golden Earring	6:26	30 Sec Intervals/ 30 Sec Rest 6x 90%	Match power output each time.
3	Into the Ocean - Blue October	4:00	Aerobic Threshold Steady Hill	Maintain power consistently right below threshold.
4	The Boys in The Bright White Sports Car - Trooper	3:00	Pyramid	15 seconds recovery to 45 sec.
5	Train in Vain - The Clash	3:12	Hill Repeats	30 sec uphill/ 15 sec downhill.
6	Dangerous - David Guetta	3:20	Drafting Teams	3 groups power set at beginning.
7	Authority Song - John Mellencamp	3:49	Break a ways	Flat road - hard headwind (max power to recover in headwind).
8	How Far We've Come - Matchbox Twenty	3:30	30 Sec Intervals/30 Sec Rest	Match power each time.
9	Don't Get Me Wrong - Pretenders	3:48	Hill Sprints	1 min hill and then 15 sec sprint, 30 sec recovery x 2.
10	Life is a Highway - Tom Cochrane	4:26	Rolling Hill	Aerobic Threshold, steady during versus standing climb and power up during chorus.
11	On Her Majesty's Secret Service - David Arnold	9:25	Double Time Trial	0:16 Start 0:33 Slow Climb 1:15 Time Trial- AT (3:30 at AT) 3:08 - Break 3:27 Resume Time Trial 4:44 Slow break (or steep climb) (2:07) 6:51 Second Time Trial (2:33 left)
12	Clocks - Coldplay	5:07	Cool Down	