














# INDOORCYCLINGTIDBITS.COM

## HOLIDAY-THEMED MIXED CLIMB

**SONG:** AULD LANG SYNE [ROSARIO TRADITIONAL MIXSHOW,] 6:11

**ARTIST:** MARIAH CAREY

**ALBUM:** AULD LANG SYNE, THE REMIXES

0:00	intro			adjust resistance to reflect moderate to heavy climb, cadence 65
0:45	quiet			standing climb, cadence 65
1:59	"Happy "			increase cadence to 70
2:33	"Should"			resume cadence of 65
3:33	instrumental			increase cadence to 70
4:19	instrumental switch			resume cadence of 65
4:49	"Should"			return to seated climb, maintain 65
5:33	instrumental			add optional heavy resistance to finish, maintain 65