



THE PERFORMANCE PLAYLIST

Phase your workout playlist and capture the extra 15%.

The big idea: Optimally selected music can improve exercise performance by **up to 15%** — through dissociation, rhythmic entrainment, and arousal regulation (Terry, 2020). Perceived effort is a separate, movable dial.

KEY TAKEAWAY

Use only music YOU find motivating, and save your best, highest-tempo songs for the peak of effort — not the warm-up.

A The Performance Playlist

Phase the playlist to your session and match tempo to effort. Use only music you personally find motivating.

- 🔊 WARM-UP: building tempo, ~120–130 BPM. PEAK: your most motivating tracks, 130–150+.
- 🔊 COOL-DOWN: descending, to bring the system back down.
- 🔊 Use only music YOU find motivating — preference beats any generic optimal playlist.
- 🔊 Preload one high-build song in the minutes before training to spin up anticipation.

#	TRACK	PHASE (WARM-UP / PEAK / COOL-DOWN) + BPM
1		
2		
3		
4		
5		
6		





B Capture the 15%

Lean all the way in, and — if you coach — make it the team's music.

My preload song (high build) for the minutes before training:

What 'leaning all the way in' looks like for me:

For coaches — how I'll gather athletes' picks:

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What would 15 percent more output mean in your training — and would you spend twenty minutes building the right playlist to get it?

