



LES MILLS
sprint

8

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01. ACCELERATED WARMUP

MUSIC Next To You 3:01 mins

Get your class into the workout by teaching in the essence of SPRINT. Use short, sharp cues and coach LPT with enthusiasm.

WORKOUT PLAN

2x Power efforts using Moderate – Heavy Load

1x 40 second Power effort

1x 60 second Power effort

0:05 INTRO

Set up Moderate - Heavy Load, explain Workout Plan.

WORK 1

0:38	M-H	Stand 10secs Sit 10secs	Power	2x
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1:24 REST

Just over 20 seconds Rest. Self-assess, are you working at the correct intensity? Let's get breathless in this block.

WORK 2

1:48	M-H	Stand 20secs Sit 20secs Stand 20secs	Power	1x
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2:56 REST

Game on! Here comes our first Mixed Pyramid.

TECHNIQUE & COACHING

WORK 1

- Use Layer 1 cues to establish LPT: Load, Position and Training
- Use short, sharp cues that are direct and to the point. Be assertive but not aggressive.

WORK 2

- Use Layer 2 cues that enhance LPT and ensure good Technique.
- Increase intensity near the end of this block. Intro with-*Let's get breathless in this last block.* Then towards the end of the block-if you are not *breathless yet, try running a little bit faster.*

TRACK TIP

Smile and connect with your participants. Be relaxed in this track and trust that the people who came to your class will work really hard. You don't need to be driving them hard at this point in the class.

02. PYRAMID 1

MUSIC Burn Out/ Jump & Sweat/
Superstar 9:17 mins

TRACK FOCUS

Coach the 3 Training methods clearly using LPT.
Keep coming back to the Workout Plan so your
class knows what's coming up. Pyramid 1 is about
100% effort.

WORKOUT PLAN

- 15x efforts with very short Rests and fast transitions
- 3x 20 second Sprints using Light – Moderate Load with 10 seconds Rest
- 3x 20 second Strength using Heavy Load with 10second Rest
- 3x 40 second Power using Moderate – Load with 20 second Rest
- 3x 20 second Strength using Heavy Load with 10second Rest
- 3x 20 second Sprints using Light – Moderate Load with 10 seconds Rest

0:00 INTRO

Set up a Light – Moderate Load, explain Workout Plan

WORK 1

0:13 L-M Sit 20secs Sprint 1x

0:32 REST

First sprint in the bag. Can you go faster?

WORK 2

0:43 L-M Sit 20secs Sprint 1x

1:02 REST

Try to hit your top speed as quickly as you can.

WORK 3

1:14 L-M Sit 20secs Sprint 1x

1:33 REST

Change of Training. Strength using Heavy Load.

WORK 4

1:43 H Stand 20secs Strength 1x

2:04 REST

In Strength we move on the beat or slightly slower.
Make sure your Load makes that happen.

WORK 5

2:13 H Stand 20secs Strength 1x

2:34 REST

1 more to go, let's work hard now.

WORK 6

2:43 H Stand 20secs Strength 1x

3:03 REST

Change of Training: Power using Moderate –
Heavy Load. 40 seconds this time.

WORK 7

3:13 M-H Stand 20secs Power 1x
Sit 20secs

3:51 REST

20 seconds Rest! In Power we are on or slightly
faster than the beat.

WORK 8

4:13 M-H Stand 20secs Power 1x
Sit 20secs

4:52 REST

Are you maxing out? Have you got enough Load?
Are you moving too fast?

WORK 9

5:14 M-H Stand 20secs Power 1x
Sit 20secs

5:52 REST

At the peak of the Pyramid. Change Training back
to Strength using Heavy Load.

WORK 10

6:13 H Stand 20secs Strength 1x

6:34 REST

You know how to get stronger, let's put it into
practice!

WORK 11

6:43 H Stand 20secs Strength 1x

7:03 REST

How can you get more from Strength Training?
Work the full 20 seconds. Not 18, not 19, but 20!

WORK 12

7:13 H Stand 20secs Strength 1x

7:33 REST

Last 3 efforts. Training changes to Sprints. Light –
Moderate load.

WORK 13

7:43 L-M Sit 20secs Sprint 1x

8:03 REST

Move as fast as you can. 100% effort for 100%
intensity.

WORK 14

8:14 L-M Sit 20secs Sprint 1x

8:33 REST

Final sprint. Let's give this one gas!

WORK 15

8:44 L-M Sit 20secs Sprint 1x

9:03 REST

Well done crew. Rest well earned!

TECHNIQUE & COACHING

WORK 1 & 2

- Use Layer 1 LPT cues to set up good Sprint Technique.
- Use Sprint cues to help your class find maximum speed, focusing on Technique and body position – *hips forward, brace abs, fix the ankle.*

WORK 3

- Use Layer 2 cues to help your class move faster for more intensity. *Drop the toes to create small, fast pedal circles. You want to ride as fast as you can!*

WORK 4 & 5

- New Training focus of Strength requiring Heavy Load.
- Coach Strength using LPT Layer 1 cues.
- It's about using Heavy Load to get stronger. *If you're moving slower than the beat it's OK, this is how we get strong!*

WORK 6

- Drive intensity using Layer 2 cues by emphasising use of body weight to push the Load.

WORK 7 & 8

- Set up the change of Workout Plan: Training Power using Moderate – Heavy Load.
- Challenge your class to move on or above the beat.

WORK 9

- Floor Coaching – focus on Training Tempo then Load. If they are moving too fast, they need more Load.
- Use Layer 2 cues to increase intensity and help participants to move better.
- Let your class know they are nearly at the peak of the pyramid.

WORK 10

- Back to Strength using Heavy Load.
- Cue Layer 1 basics then use Layer 2 cues.
- *As you drive the leg try pulling with the same arm.*

WORK 11 & 12

- Final two Strength efforts. Use Layer 3 motivational and inspirational cues as your class will be tired. How can you inspire your class to train at maximum intensity for these last few efforts?

WORK 13

- Final 3 efforts of this track. Sprints using Light – Moderate load, *3x 20seconds on – 10 seconds off.*
- Set your class up again using Layer 1 and 2 cues so they can sprint with good technique.

WORK 14 & 15

- Use Layer 3 cues to drive and motivate.
- Reinforce if they are slowing down it's ok, but try to move as fast as they can for peak athletic performance.

TRACK TIP

Transitions are fast, so be sure to set up each new Training phase quickly – getting straight to the point. For example: Sprints, 20 seconds on, 10 seconds off, 3 times, Load Light to Moderate. THAT'S ALL!

03. RE-ENERGIZER

MUSIC Next To You 2:56 mins

TRACK FOCUS

Don't be too forceful with your coaching. Match the energy and feel of the music to mentally refresh your class.

WORKOUT PLAN

- 2x Power efforts using Moderate – Heavy Load
- 1x 40 second Power effort
- 1x 60 second Power effort

0:00 INTRO

Set up Moderate – Heavy Load. Time to refresh and re-energize the mind.

WORK 1

0:33	M-H	Stand 10secs	Power	2x
		Sit 10secs		

1:19 REST

How are you feeling? One round to go. This time – longer efforts.

WORK 2

1:42	M-H	Stand 20secs	Power	1x
		Sit 20secs		
		Stand 20secs		

2:51 REST

Ready to go again? Mixed Pyramid number 2!

TECHNIQUE & COACHING

WORK 1

- Use Layer 1 LPT cues again. This time it's not so much about intensity; it's about re-charging and re-energizing the body, ready for round 2!

WORK 2

- Longer effort. Use Layer 2 cues to teach your class how they can ride more efficiently. They should now be ready for the final two tracks.

TRACK TIP

We still need to maintain a high intensity however we re-energize the group by shifting our vocal tone. Be lighter and uplifting rather than forceful and aggressive.

04. PYRAMID 2

MUSIC Burn Out/ Jump & Sweat/
Superstar 9:17 mins

TRACK FOCUS

Motivate your class to work hard as they hit fatigue. Coach perfect Technique and 100% intention in every interval.

WORKOUT PLAN

- 15 efforts with short Rests and fast transitions
- 3x 20 second Sprints using Light – Moderate Load with 10 seconds Rest
- 3x 20 second Strength using Heavy Load with 10 second Rest
- 3x 40 second Power using Moderate – Load with 20 second Rest
- 3x 20 second Strength using Heavy Load with 10 second Rest
- 3x 20 second Sprints using Light – Moderate Load with 10 seconds Rest

0:00 INTRO

Set up a Light – Moderate Load, explain Workout Plan

WORK 1

0:13 L-M Sit 20secs Sprint 1x

0:32 REST

Have you got enough Load on? You need enough for control.

WORK 2

0:44 L-M Sit 20secs Sprint 1x

1:02 REST

That was good but let's do the next one better – faster! 100% intention every interval.

WORK 3

1:14 L-M Sit 20secs Sprint 1x

1:33 REST

Set up Heavy Load, explain change to Workout Plan.

WORK 4

1:43 H Stand 20secs Strength 1x

2:04 REST

Have you got enough Load? Can you push more?

WORK 5

2:13 H Stand 20secs Strength 1x

2:34 REST

We are not outside on a bike, we're on a machine working on our Strength.

WORK 6

2:43 H Stand 20secs Strength 1x

3:03 REST

Set up Moderate – Heavy Load. Explain Workout Plan: Work and Rests are longer.

WORK 7

3:13 M-H Stand 20secs Sit 20secs Power 1x

3:52 REST

The next two efforts are the hard ones! Hang in there.

WORK 8

4:14 M-H Stand 20secs Sit 20secs Power 1x

4:52 REST

Last 40 second effort!

WORK 9

5:14 M-H Stand 20secs Sit 20secs Power 1x

5:53 REST

Set up Heavy Load, explain change to Workout Plan. Only six efforts remaining - three Strength, three Sprints.

WORK 10

6:13 H Stand 20secs Strength 1x

6:34 REST

If you've got more to give, try adding more weight.

WORK 11

6:43 H Stand 20 secs Strength 1x

7:04 REST

Last Strength. Massive leg drive and arm pull. We've got this!

WORK 12

7:13 H Stand 20secs Strength 1x

7:34 REST

Final three efforts! Set up Light – Moderate Load, explain change to Workout Plan.

WORK 13

7:43 L-M Sit 20secs Sprint 1x

8:03 REST

How many left? TWO!

WORK 14

8:14 L-M Sit 20secs Sprint 1x

8:33 REST

One to go – last 20 – get it done!

WORK 15

8:44 L-M Sit 20secs Sprint 1x

9:03 REST

Well done!

TECHNIQUE & COACHING

WORK 1

- Remind your class of the basics of Sprinting using Layer 1 cues. Be brief and to the point, eg: *Slide forward, toes down, no bounce*
- Allow your class to get a feel for Sprints again.

WORK 2 & 3

- Floor Coach with a focus on motivating your class to move better and faster using Layer 2 and 3 cues. Correct Technique first then motivate your class to move faster.
- *You can feel the load but there's plenty of give in there, freedom to Sprint. Bring your butt forward so we shorten the lever, makes us move faster!*

WORK 4

- Change to the Workout Plan, Strength focus using Heavy Load. It's a quick transition so focus on Load.
- *Good muscular tension here, Heavy Load. You will feel if it's too light!*
- Use Layer 1 cues to find good Technique.

WORK 5 & 6

- Use Layer 2 cues to coach how to move Heavy Load efficiently. Use Layer 3 motivational cues to get them to the end of these Strength efforts.
- *Use your upper body, lock your core in, brace hard, push hard! I want you to get stronger, remember – stronger athletes perform better!*

WORK 7

- Explain the change to the Workout Plan with longer efforts. Set up Moderate – Heavy Load. 20 seconds Stand, 20 seconds Sit.
- *Moderate – Heavy load is good drag on the wheel, like someone's pulling you back as you try to accelerate.*
- Floor Coach using Layer 1 cues to correct Technique

WORK 8 & 9

- Use Layer 2 and 3 cues to get your class through these next two difficult efforts.
- *Body weight slightly forward to get the big muscles working! If you're finding this a challenge it means you're working hard! Good work. Stay in the intensity, get the training effect!*
- Back on the bike for Work 9. Role model the intensity they should be working at.
- Remind them it's about 100% intention.

WORK 10, 11 & 12

- Last 3x Strength efforts. Set up Heavy Load. Coach good Technique, then motivate and drive your class to work as hard as they can in each of these Strength efforts.

WORK 13, 14 & 15

- Coach your class to find Light – Moderate Load. Explain these are the last 3 efforts of this track! That's something to celebrate!
- Get your class to work as hard as they can in each of the Sprints. Use lots of motivation to get them there, while physically showing them how.

TRACK TIP

In this track, the legs will be fatigued and there may be a reduction in your participants output. As long as the 'intention' in each effort is 100% they will still achieve results. Let them know it's ok they are fatiguing, but they must continue to give 100% as it's the intention behind what they are doing that counts.

05. FINISHER

MUSIC Next To You 4:24 mins

TRACK FOCUS

Coach your class to finish off their workout by moving at 100% max effort

WORKOUT PLAN

1x 20 second Standing Power using Moderate – Heavy Load

1x 20 second Seated Power using Moderate – Heavy Load

1x 10 second Sprint using Light – Moderate Load Repeat 2x

0:00 INTRO

Set up Moderate – Heavy Load, explain Workout Plan. This track is the FINISHER!

0:48 BUILD M-H Stand Build Power

WORK 1

0:59	M-H	Stand	25secs	Power	
	M-H	Sit	25secs	Power	
	L-M	Sit	10secs	Sprint	1x

1:59 REST

Remember what we said at the beginning – treat each set like it's the only one. Well this is the only one! FINAL EFFORT! Let's go heavier than we think we should.

2:54 BUILD M-H Stand Build Power

WORK 2

3:06	M-H	Stand	25secs	Power	
	M-H	Sit	25secs	Power	
	L-M	Sit	10secs	Sprint	1x

4:05 REST

Well done! You made it.

TECHNIQUE & COACHING

WORK 1

- Set up Moderate – Heavy Load. Use Layer 1 cues to get your class moving with good Technique and then Layer 2 cues to find intensity.
- Coach your class to reduce to Light – Moderate Load in the Sprint. Make sure they don't back off too much
- Keep reminding the class this is the Finisher and they need to work as hard as they possibly can!

WORK 2

- Motivate your class to give everything on this FINAL effort!
- *Are you maxing out? Two choices! You are or you aren't!*

06. FLUSH & STRETCH

MUSIC I'm In Control 3:30 mins

TRACK FOCUS

Allow your class time to refresh the body using Light Load.

Flush legs for 1-2 minutes.

Stretch the Quads, Glutes and Hamstrings off the bike – remind everyone to be careful when getting off their bikes.

MUSIC

1 **Next To You (Radio Edit)** (3:01)

L D R U
© 2016 Audiopaxx.
Written by: Pelecas, White, Carmody

2 **Burn Out** (1:42)

NGHTMRE
© 2016 Mad Decent.
Written by: Marenji

Jump & Sweat (1:30)

Garmiani feat. Sanjin
© 2015 Dim Mak Records, Inc.
Written by: Garmiani, Kljucanin

Superstar (3:00)

Pegboard Nerds feat. Krewella
© 2016 Monstercat.
Written by: Unknown

Jump & Sweat (1:30)

Garmiani feat. Sanjin
© 2015 Dim Mak Records, Inc.
Written by: Garmiani, Kljucanin

Burn Out (1:35)

NGHTMRE
© 2016 Mad Decent.
Written by: Marenji

3 **Next To You (Radio Edit)** (2:56)

L D R U
© 2016 Audiopaxx.
Written by: Pelecas, White, Carmody

4 **Burn Out** (1:42)

NGHTMRE
© 2016 Mad Decent.
Written by: Marenji

Jump & Sweat (1:30)

Garmiani feat. Sanjin
© 2015 Dim Mak Records, Inc.
Written by: Garmiani, Kljucanin

Superstar (3:00)

Pegboard Nerds feat. Krewella
© 2016 Monstercat.
Written by: Unknown

Jump & Sweat (1:30)

Garmiani feat. Sanjin
© 2015 Dim Mak Records, Inc.
Written by: Garmiani, Kljucanin

Burn Out (1:35)

NGHTMRE
© 2016 Mad Decent.
Written by: Marenji

Next To You (Barely Alive & Virtual Riot Remix) (4:24)

L D R U
© 2016 Audiopaxx.
Written by: Pelecas, White, Carmody

I'm In Control (3:30)

Aluna George feat. Popcaan
Courtesy of the Universal Music Group.
Written by: Roman, Sutherland, Dewji, Reid

FLOOR COACHING: SAFETY TIPS

To ensure everyone's safety during Floor Coaching we suggest the following tips be considered;

1. Use of non-slip MTB style cycle shoes like the Reebok cycle shoes worn by the Presenter team and/or non-slip flooring

2. Clear pathways to walk through and access bikes and enter/exit the stage

3. Remember to avoid manually adjusting participants' Load

4. If there is not adequate space to move safely, and the floor is slippery, we recommend you coach from your bike until these concerns can be addressed.

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Sprint 8 is one of the purest forms of HIIT you'll experience.

Short. Sharp. Intense to the max.

We have continued our theme of performance versus intention which we encountered in Sprint 7 – as athletic performance diminishes we maintain 100% intention and treat each interval as if it's the last one. By providing participants with this focus we help them maintain the high intensity needed to reap the numerous benefits of HIIT.

You'll notice the Workout Plan is similar to recent releases with repeated blocks. The major benefit of repeating blocks is the opportunity for everyone to compare their performance to their previous personal best, especially for those using performance tracking devices.

The workout is highlighted by an Accelerated Warmup which is repeated in Track 3 – we call it the Re-energizer. The intention in the Accelerated Warmup is to lead participants into the HIIT zone, however by Track 3 they should already be deep in the zone so the intention shifts to one of mentally refreshing the group with a lighter, more uplifting vocal delivery, while maintaining the intense physical demands. We use the same song in Track 5, the Finisher, however this time it's remixed to give it great energy, providing a real sense of completion to the working phase of the workout.

In amongst this we have Tracks 2 and 4 which are identical Pyramids – 3 Sprints, 3 Strength, 3 Power, 3 Strength, 3 Sprints. The Pyramids are fast paced with intense 20 second Work intervals and 10 seconds Rests. We change this up slightly during the peak of the Pyramid with longer 40 second Power efforts and 20 second Rests. These Pyramids are the guts of the class and the short rests build fatigue super fast which throws the body into oxygen debt and lactate overload. This drastic shift forces the body to burn calories and increase fitness!

We don't need to highlight the benefits of the Flush & Stretch, but they're priceless. Take the opportunity to remind everyone that 2x HIIT sessions per week is plenty, and any more that risks diminishing the benefits of their hard work.

The EPOC effect, or after burn, of this release will leave scorch marks in your trail – in fact there is a good chance your heart rate got elevated just reading this!

Thanks

The Sprint Team!

