

01. Accelerated Warmup

02. Power – Long

03. Sprints – Long

04. Power – Short

05. Mixed Conditioning

06. Sprints – Short

07. Flush

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01. ACCELERATED WARMUP

MUSIC All Goes Wrong 3:28 mins

TRACK FOCUS

Get your class ready to train by Coaching LPT clearly and with enthusiasm.

WORKOUT PLAN

1x 20-second Power with Moderate–Heavy Load

2x 30-second Power with Moderate–Heavy Load

0.05 INTRO

Accelerated Warmup. 3 Intervals of Power to get you in the Training zone

0.27

Set up Training tempo before Load.

WORK 1

0.49 M-H Stand 20secs Power

1.11 REST

Take the weight off but maintain tempo—to increase intensity you can go closer to Heavy.

WORK 2

1.47 M-H Stand 20secs Power

Sit 10secs

2.20 REST

Rest and do whatever you need to feel better.

2.42

Hook into the tempo. Find Moderate–Heavy Load and start to challenge yourself.

WORK 3

2.53 M-H Stand 30secs Power

01. ACCELERATED WARMUP

TECHNIQUE & COACHING

WORK 1

- Use Layer 1 cues to set up correct LPT: Load, Position and Training.
- At the end of the interval, decrease the Load but stay on tempo.

WORK 2

- Use Layer 2 cues to Adjust Intensity by encouraging participants to go closer to Heavy.
- Shift their focus to maintaining the tempo when they Sit
- *Relax shoulders, hips back, 1-2-1-2*

WORK 3

- Assess what your participants require right now: do they need more coaching space to get into the zone?
- Introduce the option of moving faster to shift intensity.
- *On tempo or try to run over the top of it*

TRACK TIP

Keep your cues short and to the point, and use a welcoming and enthusiastic voice. Match the feel of the song and create an energized welcoming vibe to the workout.

02. POWER – LONG

MUSIC All Over The World 6:41 mins

TRACK FOCUS

Encourage your class to achieve their maximum in each Interval by helping them manipulate the Load & Training tempo.

WORKOUT PLAN

4x 60-second Power with Moderate – Heavy Load

0.00 INTRO

Power Training–60 seconds, Work 30 seconds

Rest–4x

Set up Moderate–Heavy Load

WORK 1

0:33 M-H Stand 20secs Power
Sit 20secs
Stand 20secs

1:39 REST

What do you need to do to find max intensity–is it closer to Heavy?

WORK 2

2:12 M-H Stand 20secs Power
Sit 20secs
Stand 20secs

3:19 REST

Rest. Wow!–Praise their effort.

WORK 3

3:52 M-H Stand 20secs Power
Sit 20secs
Stand 20secs

4:58 REST

Applause–One to go!

WORK 4

5:31 M-H Stand 20secs Power
Sit 20secs
Stand 20secs

02. POWER – LONG

TECHNIQUE & COACHING

WORK 1

- Set up tempo 'on the beat' for the first 40 seconds and coach Position.
- *Training tempo is on the beat. Chest up, hips back, abs braced.*
- Use the final 20 seconds to Adjust Intensity through the tempo.
- *Run over the top of the tempo.*

WORK 2

- Use Layer 2 Adjust Intensity cues to help your class find maximum intensity.
- *Is it closer to Heavy, or a quicker tempo.*
- Make them accountable to their effort by reinforcing the options to shift intensity.
- *If you're being conservative make a choice. Load or tempo.*

WORK 3

FLOOR COACH

- Ensure you are making Quality Connections with your class – eye contact and a smile go a long way.
- Reinforce the focus to achieve maximum intensity by manipulating Load and tempo.
- Use Layer 3 Motivation cues to drive them.
- *No one knows you like you know you – can you challenge yourself to go a little quicker?*

WORK 4

BACK ON THE BIKE

- Recognize everybody's efforts and show empathy with your class.
- *If you're feeling the struggle that's good. That feeling means you're getting fitter.*
- Reinforce the basics and create some hype with your voice.
- *Use your machine as an anchor point.*

TRACK TIP

Empower and Enjoy! Empower participants with a clear Set Up & focus for each Interval. Enjoy the feel of the music and use it to create contrast in your body language and voice.

03. SPRINTS – LONG

MUSIC Light 4:58 mins

TRACK FOCUS

Maximize muscle recruitment in the Strength phase and keep participants moving as fast as they can in the Sprints.

WORKOUT PLAN

1x 30-second Strength with Heavy Load & 30-second Sprint with Light–Moderate Load
2x 30-second Strength with Heavy Load & 60-second Sprint with Light–Moderate Load

0:00 INTRO

Sprint Training – 3 blocks of Work. The first block is 60 seconds. 30 Strength, 30 Sprint

WORK 1

0:26	H	Sit 30secs	Strength
	L–M	Sit 30secs	Sprint

1:17 REST

20 seconds all for you, just chill.

WORK 2

1:55	H	Sit 30secs	Strength
	L–M	Sit 60secs	Sprint

3:12 REST

I know it's challenging, but if you go Heavy and then back off, how fast will you move?

WORK 3

3:39	H	Sit 30secs	Strength
	L–M	Sit 60secs	Sprint

03. SPRINTS – LONG

TECHNIQUE & COACHING

WORK 1

- Keep it simple with Layer 1 cues to coach LPT: Load, Position, and Training through the Strength and Sprint phases.
- *Let's find Heavy Load, it's a heavy weight with a slow 1, 2, 1, 2 tempo.*
- *How fast can you move your legs today. Hips forward, quick pump of the knees.*

TRACK TIP

Know your music well so you start the Strength phase at the right time. Start too soon and people will blow out. Start too late and they will miss out.

WORK 2

- Highlight the shift in the Workout Plan.
- *Intervals 2 and 3 are different – 30 seconds Strength and 60 seconds Sprint.*
- Use Layer 2 cues to coach the Load and Training effect & Layer 3 cues to motivate.
- *Treat it like a drop set. Load up your barbell Heavy, and then we drop it quickly to go fast.*
- *Sprint into the kick zone. Bellies are tight and pump the knees.*
- *It's fine if you start to slow, as long as the intention is to go fast.*

WORK 3

FLOOR COACH

- Create Quality Connection and assess the needs of each person as you move around the room – what do they need right now?
- Use Layer 3 to motivate and make sure you give lots of praise to make people feel good. If appropriate, try a fist pump or a high five to create a good team atmosphere.

04. POWER – SHORT

MUSIC Savage 3:57 mins

TRACK FOCUS

Same as track 2 – achieve their maximum in each Interval by helping them manipulate Load & Training tempo.

WORKOUT PLAN

4x 20-second Power with Moderate – Heavy Load

0.00 INTRO

Explain Workout Plan and Set up Moderate – Heavy Load

WORK 1

0:43 M–H Stand 20secs Power

1:04 REST

Stand or Sit to Rest.

WORK 2

1:26 M–H Stand 20secs Power

1:47 REST

Take a complete Rest now

2:09

What would happen if we went closer to Heavy?

WORK 3

2:30 M–H Stand 20secs Power

2:50 REST

3 down, 1 to go

3:12

Stand up and tweak the Load

WORK 4

3:33 M–H Stand 30secs Power

04. POWER – SHORT

TECHNIQUE & COACHING

WORK 1

BACK ON THE BIKE

- Simple Layer 1 cues for LPT: Load, Position and Training.
- *1, 2, 1, 2, 1 – hips forward and lift the chest*
- *Feel the weight catch the muscles fibers*

WORK 2

- Use a Technique focus to Adjust Intensity.
- *Hips forward and chest up to create space to pump the knees so you can challenge the tempo*

WORK 3

- Use Layer 3 cues to encourage your class to keep working hard.
- *Do you think we will get good results if we push more Load?*
- Lift your energy and maintain a positive Connection with your class.

WORK 4

- Physically push yourself in this final Interval and inspire your participants push themselves too.

TRACK TIP

Intervals are short so it's important to hold participants in the effort for the full 20 seconds. By finishing early or reducing intensity they start to diminish any gains they have achieved up to this point. Use this as motivation to maintain intention to achieve their maximum.

05. MIXED CONDITIONING

MUSIC Fire 4:50 mins

TRACK FOCUS

Clearly transition your class between each Training phase: Power, to Strength, to Sprint, to Rest.

WORKOUT PLAN

2x 80-second Mixed Conditioning Intervals
40 seconds Power with Moderate – Heavy Load, 20 seconds Strength with Heavy Load, 20 seconds Sprint with Light – Moderate Load

0.00 INTRO

Mixed Conditioning. 2 blocks. 40 seconds Power, 20 seconds Strength, 20 seconds Sprint

0.44

Get on tempo and start to set up Load

WORK 1

1:06	M-H	Stand 20secs	Power
	M-H	Sit 20secs	Power
	H	Stand 20secs	Strength
	L-M	Sit 20secs	Sprint

2:34 REST

Breathe. One down, one to come.

3:00

Let's run to the start line

WORK 2

3:18	M-H	Stand 20secs	Power
	M-H	Sit 20secs	Power
	H	Stand 20secs	Strength
	L-M	Sit 20secs	Sprint

05. MIXED CONDITIONING

TECHNIQUE & COACHING

WORK 1

- Focus on pre-cueing each Training phase with Layer 1 cues.
- *Power. Moderate – Heavy Load, chest up, knees up, strong brace of the core. When we Sit, challenge the legs to hold the tempo*
- *In 10 seconds we find Strength, strong Load when we Stand, tempo on or under the beat*
- *When we Sit, back off to Light – Moderate and Sprint*

WORK 2

FLOOR COACH

- Cater to the individual and create Quality Connection.
- Assess the needs of each person as you move around the room – what do they need right now?
- Use Layer 3 to motivate and make sure you give lots of praise to make people feel good. If appropriate, a fist pump or a high five to create a good team atmosphere.

TRACK TIP

As we enter the back end of the workout, build the hype leading into each Interval. The music is great so go with it and generate some energy in your delivery to help boost your class.

06. SPRINTS – SHORT

MUSIC Lone 4:19 mins

TRACK FOCUS

Ensure everyone maintains great Technique as they fight fatigue, and deliver your Layer 1 cues with an energized and motivational tone.

WORKOUT PLAN

4x 30-second Sprint with Light – Moderate Load

0.00 INTRO

Explain Workout Plan and Set Up Load – 4x 30-second Sprints. After this there is nothing left

WORK 1

0:50 L-M Sit 30secs Sprint

1:15 REST

Full 30 seconds to Rest

WORK 2

1:41

Shall we get a head start and roll into it

1:47 L-M Sit 30secs Sprint

2:12 REST

Halfway, only 2 left

2:37

Let's roll

WORK 3

2:43 M-H Stand 30secs Power

3:08 REST

It's been big. It's been fun

3:34

You against you, faster in the second 15

WORK 4

3:40 L-M Sit 30secs Sprint

4:04 REST

Congratulate and applaud

06. SPRINTS – SHORT

TECHNIQUE & COACHING

WORK 1

- Use the Intro and Rest phase to set up the intention and focus of the Interval so you can physically go there yourself and set an example for everyone else to follow.

WORK 2

- Rather than leaving it to the last Interval, get the motivation going now.
- *Right from the start line. Go. Come on. Fast fast fast!*
- *Can we go faster in the second 15?*

WORK 3

- You should know exactly what your class needs at this point – Layer 1, 2, or 3 – it's up to you to assess what's happening in the room.
- *We know it's hard but that's why we do it. Next level Training*

WORK 4

- Final effort of the workout – how will you finish?
- *It's been big, it's been fun. If you start to fade go back to basics, slide forward and lift your knees as fast as you can*

TRACK TIP

Be mindful of Technique as participants will be extremely fatigued by this point. Provide Technique corrections or reminders if they need them. If they are looking good leave them to max out.

07. FLUSH

MUSIC Wave Your Flag 1:55 mins

TRACK FOCUS

Guide participants safely and calmly through the flush and stretches.

WORKOUT PLAN

Flush legs for at least 30 seconds or longer – time permitting.

Stretch Quads, Glutes and Hamstrings off the bike.

TRACK TIP

Big shift in energy from the working tracks as we pull back and coach with a relaxed but enthusiastic feel – if appropriate recognize individual achievements in addition to the group as a whole.

MUSIC

- 1 **All Goes Wrong** (3:28)
Chase & Status feat. Tom Grennan
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, D. McIntosh, K. McIntosh, Ledwidge, Grennan.
- 2 **All Over The World (I See MONSTAS Remix)** (6:41)
Above & Beyond feat. Alex Vargas
© 2015 Anjunabeats, under exclusive license to Dax Music Pty Ltd
T/A Central Station Records www.centralstation.com.au
Written by: Bayer, Siljamaeki, McGuinness, Grant, Blay.
- 3 **Light** (3:14)
San Holo
© 2017 bitbird under exclusive licence to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Dijck, Douwstra, Storm.
Light (1:44)
San Holo
© 2017 bitbird under exclusive licence to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Dijck, Douwstra, Storm
- 4 **Savage** (2:51)
Whethan feat. Flux Pavilion & Max
© 2016 Ethan Snoreck under exclusive license to Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States.
Written by: Snoreck.
Savage (1:06)
Whethan feat. Flux Pavilion & Max
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Written by: Snoreck.
- 5 **Fire (Killer Hertz Remix)** (4:50)
Matrix & Futurebound
© 2016 Metro/Viper Recordings.
Written by: Havelock, Collins, Quinn.
- 6 **Lone** (4:19)
What So Not & Ganz feat. JOY
© 2016 Sweat It Out! Distributed by Warner Music Australia Pty. Limited.
Written by: Saamena, Emerson, Higgs, McCarthy.
- 7 **Wave Your Flag** (1:55)
Afrojack feat. Luis Fonsi
© 2017 Wall Recordings, Bajo Licencia Exclusiva para Aftercluv Una División De Universal Music México, S.A. de C.V.
Written by: van de Wall, Baptiste, Said.

OUR DECLARATION OF INTENT

The **LES MILLS** global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At **LES MILLS** we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

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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.

CREDITS

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Program Planner—Courtney Watt

Sprint 10 creates a fresh feel with longer Intervals at the front end and some lyrical tracks with great driving beats.

The Accelerated Warmup creates intensity quickly by increasing interval duration in the second work phase and by maintaining our Position in the third.

From here it's Power Long – Sprint Long – Power Short - Mixed Conditioning – and Sprint Short tracks in this order.

The Power Long track uses a 2:1 work rest ratio to drive intensity and Intervals 2 & 3 are a tipping point for most participants as fatigue sets in and performance is challenged. Be calm and guide participants with good Technique tips and encouraging words.

Our Sprint Long track shifts the Training stimulus. We pre load with short Strength phases to keep the muscles working hard before we hit the 60 second Sprints. Leg speed is likely to taper but as usual it's the intention that counts so move as fast as you can.

The Power Short track uses the 1:1 ratio we encountered in the previous release, and just like last time it means there's no excuse to not give 100%. Not 98. Not 99. You get the picture...again.

Mixed Conditioning lives up to its name with a mix of Power, Strength, and Sprint. The LPT shifts keep our muscles in the game even when our minds start to give up – or is it our minds in the game as our muscles give up? You be the judge.

If there is any gas left the Sprint Short track will chew it up. The 1:1 ratio is back and if anyone doubts their ability you tell them it's a good thing – it means we've 'HIIT' the mark.

We round off the workout with a brief Flush & Stretch.

So there you go, a fresh new release just for you...and anyone else who wants to get fit quick!

The SPRINT Team