

LES MILLS SPRINT

15

MUSIC

01. ACCELERATED WARMUP

02. POWER TABATA

03. MIXED CONDITIONING

04. STRENGTH ENDURANCE

05. POWER FINISHER

06. FLUSH

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MUSIC

01

Take It Up (3:02)
Wilkinson & Sub Focus
A Ram Records / Virgin EMI Records release;
© 2018 Ram Records Limited under exclusive license to
Universal Music Operations Limited.
Written by: Wilkinson, Thiik, Douwma

02

Body Movin’ (6:19)
Cyantific feat. ShockOne
© 2018 Viper Recordings.
Written by: Thomas, Stanley

03

Another Dimension (6:40)
NGHTMRE & Dillon Francis
© 2017 Mad Decent.
Written by: Francis, Marenyi

04

Tip Pon It (3:49)
Sean Paul & Major Lazer
Courtesy of the Universal Music Group.
Written by: Jong, Henriques, Pentz

Tip Pon It (1:12)
Sean Paul & Major Lazer
Courtesy of the Universal Music Group.
Written by: Jong, Henriques, Pentz

05

Decompression (5:58)
Wilkinson
© 2018 RAM Records Ltd.
Written by: Wilkinson

06

One In A Million (2:59)
Jordie Ireland feat. Ava Hayz
Courtesy of the Universal Music Group.
Written by: Curtis, Ireland



RELEASE SUMMARY



L–R: Presenters Dallas Blacklaw, Bas Hollander and Lee Smith.

Sprint 15 is a block busting HIIT workout that ignites everything from the get-go.

This workout features extended Power Tabata, Mixed Conditioning and Strength Endurance tracks to supercharge the workout.

After a brief Accelerated Warmup, we get the *Body Movin’* with a 6 round Power Tabata – 40 seconds Work with 20 seconds Rest. Traditional Tabata utilises a 20/10 Work/Rest ratio, so the extended duration increases the cardio kick and keeps us in the training zone to burn calories and increase fitness.

We shift to *Another Dimension* with Sprint Training vs Power Training. It feels awesome to train top end Sprint speed before resetting with more Load to drive a long Power effort to complete each Mixed Conditioning phase.

Strength Endurance pushes us to the limit and beyond with 4 minutes of NO REST Training that defines this workout – the time under tension builds muscle pressure, tones the legs, and focuses the mind.

The final track is a Power Finisher with 4 rounds of maximal intensity – you won’t want to miss this!

Stay upbeat and positive, especially when the going gets tough, and give everyone the results they are coming for. We love this one.

The SPRINT Team

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Program Coach – Giles Bryant

Production Coordinator – Courtney Watt

Special thanks to – Dan Aux, George FM DJ, for music sourcing and suggestions.

PRESENTERS

Dallas Blacklaw (Australia) is a LES MILLS SPRINT, LES MILLS GRIT and RPM Trainer/Presenter. He is based on the Sunshine Coast.

Bas Hollander (Japan) is a LES MILLS SPRINT, BODYATTACK, BODYCOMBAT, BODYPUMP, BODYSTEP, CXWORX and RPM Instructor and a LES MILLS GRIT, LES MILLS TONE and BORN TO MOVE Trainer. He is the Training Manager for Les Mills Japan.

Scott Martin (USA) is a LES MILLS SPRINT and BODYPUMP Presenter and a LES MILLS GRIT Trainer/Presenter. He is also a BODYATTACK instructor. He is based in Florida where he works as a personal trainer.

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.

BE LOUD AND HEARD

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01. ACCELERATED WARMUP

TRACK FOCUS

Prepare the body for the workout, clearly coaching LPT: Load, Position and Training. This track is short, so challenge your class to find Intensity straight away.

WORKOUT PLAN

2x 40 second Power with Moderate – Heavy Load.

Music	Interval	LPT & Coaching Tips		
0:05	INTRO	Explain Workout Plan. Set up M – H Load. <i>2x 40 second efforts of Power Training using a M – H Load</i>		
0:48 1:10	WORK 1	M – H	Stand 20secs	Power
		M – H	Sit 20secs	Power
1:31	REST	<i>When we Rest, you can sit up, slow down or completely stop. 2nd set, this Warmup is short, so Load and tempo become even more important. Let's be in the training zone before the next track hits!</i>		
2:14 2:36	WORK 2	M – H	Stand 20secs	Power
		M – H	Sit 20secs	Power



01. TAKE IT UP 3:02mins

WORK 1

Use Layer 1 cues to find the correct LPT straight away. Use the long Stand and Sit phase to get your participants into the workout with good Technique.

- *Find some Moderate – Heavy Load, one that grabs the muscles*
- *Load and tempo together create the results!*
- *Stand, **chest up, hips forward, brace the belly***
- *Sit, **hips back**, body still*

WORK 2

Follow up with Layer 2 cues with a focus on getting your class closer to the Training zone by chasing the tempo more. They should be breathless by the end of this set.

- *Your aim is to stay ahead of the beat*
- *Closer to the Training zone – if you're not breathless yet, accelerate now!*

TRACK TIP

Don't be too aggressive in this track. Keep it upbeat, positive and light. You want to connect and engage. Be more demanding in the second set where you need the Intensity to lift.



02. POWER TABATA

TRACK FOCUS

Encourage your class to work as hard as they can in each Interval. Use time references to help guide and motivate them.

WORKOUT PLAN

6x 40 seconds Power / 20 seconds of Rest with Moderate – Heavy Load.

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up M – H Load. <i>Power Tabata, 40 seconds on, 20 seconds off. This is max effort training, all-out effort. Tempo on or slightly above. Find a Moderate – Heavy Load.</i>		
0:21	WORK 1	M – H	Stand 20secs	Power
0:41		M – H	Sit 20secs	Power
1:02	REST	<i>Now you’re breathing hard – yes?</i>		
1:23	WORK 2	M – H	Stand 20secs	Power
1:44		M – H	Sit 20secs	Power
2:05	REST	<i>Do you feel like you’re hitting your training max? If not, add more Load and go closer to Heavy!</i>		
2:26	WORK 3	M – H	Stand 20secs	Power
2:47		M – H	Sit 20secs	Power
3:08	REST	<i>Treat each set with purpose! What are you trying to achieve here?</i>		
3:29	WORK 4	M – H	Stand 20secs	Power
3:49		M – H	Sit 20secs	Power
4:10	REST	<i>Two sets left – Performance Training!</i>		
4:31	WORK 5	M – H	Stand 20secs	Power
4:52		M – H	Sit 20secs	Power
5:13	REST	<i>One more effort! SPRINT is about commitment and mindset – treat this last effort like it’s your only set!</i>		
5:34	WORK 6	M – H	Stand 20secs	Power
5:55		M – H	Sit 20secs	Power



02. BODY MOVIN' 6:19mins

WORK 1

Use the first effort to clearly set up LPT.

- *Find Moderate to Heavy Load, something that grabs the muscles*
- **Hips forward, chest up, brace the core**
- *Tempo on or just above the beat*
- *20 seconds of Seated Power*
- *Hips back or forward, wherever generates the most Power*
- *Big drive through the legs*

WORK 2 & 3

Use Layer 2 cues in sets 2 and 3 to help your class train harder. Challenge them to move ahead of the tempo.

- *Lift your chest and drive right above the tempo*
- *Focus on maintaining tempo – sit in the saddle*
- *Work as hard as you can here!*

WORK 4 & 5

FLOOR COACH

Correct any Technique issues, but also look, see and respond to what your participants need for them to stay in the HIIT zone. Praise and encourage the class; keep it upbeat.

- *See if you can go a little quicker – lift your chest and brace your belly*
- *Sit – chase the tempo – the Load is fighting against you but don't let it win!*
- *Oh, wow, look at that tempo – that's how you train in the HIIT zone, a calorie burn not just now but afterwards too*

WORK 5 & 6

BACK ON THE BIKE

Motivate your class to work hard by asking them to hit the last effort like it was the only effort. Use your Layer 3 cues to Inspire your class to do so.

- *This type of training is the quickest way to get a response, to get fit to burn calories!*

TRACK TIP

40 seconds is a long time! So to keep up the intensity, use time references. Psychologically knowing that you're halfway or have only 10 seconds remaining will help your class get through.



03. MIXED CONDITIONING

TRACK FOCUS

Clearly transition your class between Sprint and Power, focusing on the difference in Load.

WORKOUT PLAN

3x 40 second Seated Sprint with Light – Moderate Load, 20 seconds of Rest, then 40 seconds of Standing Power with Moderate – Heavy Load.

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Light – Moderate Load. <i>Mixed Conditioning: 3 efforts, each with a 40 second Sprint, short Rest then a 40 second Standing Power phase. Let’s begin with a Light – Moderate Load</i>		
0:26	WORK 1	L – M	Sit 40secs	Sprint
1:05			20secs	REST
1:28		M – H	Stand 40secs	Power
2:12	REST	<i>That was good! Sprint, Rest, Power. The first 20 seconds you’ve gotta come out as fast as you can; in the last 20 seconds try to maintain it! Are you ready?!</i>		
2:38	WORK 2	L – M	Sit 40secs	Sprint
3:16			20secs	REST
3:39		M – H	Stand 40secs	Power
4:24	REST	<i>We’ve got one more to go! Sprint training is where we activate the fast-twitch muscle fibers – so we can go faster than what we could go yesterday</i>		
4:49	WORK 3	L – M	Sit 40secs	Sprint
5:27			20secs	REST
5:51		M – H	Stand 40secs	Power



03. ANOTHER DIMENSION 6:40mins

WORK 1

Coach Layer 1 in Sprint (it's the first time we Sprint in this workout). FLOOR COACH in the Power phase, reminding them of Layer 1 cues. Explain the correct Load in both positions clearly.

- **Slide the hips forward, chest lifted**
- *40 seconds is long! Stay in the work*
- *Short Rest, 40 seconds of Standing Power coming*
- **Find your Moderate – Heavy Load**
- *If you can speed up, do it! See if you can stay above the beat!*

WORK 2

BACK ON BIKE in the Sprint Phase

Use Layer 2 cues to coach participants to start fast to be fast. Try saying something like: In the first 20 seconds, come out as fast as possible and then the second 20 seconds to think fast to stay riding fast.

In the Rest, acknowledge the workout and what they are feeling.

FLOOR COACH again in the Power phase, correct Technique if needed and challenge your class to work harder using Layer 2 Adjust Intensity cues.

- *Come out of the blocks as fast as you can – gas the legs!*
- *Here's the tough mark! You've done 20 – 20 to go! Sustain if you can*
- *Relax the upper body and go quicker in the legs – think fast to be fast!*
- *Rest! I know it's hurting, you're breathing hard, don't look back – look straight ahead, 40 seconds coming!*
- *We're going to take our training to another dimension!*
- *Try this: Reach your hands higher and lift tall – see how that anchors you in your core?*
- *Now you've got the speed, how good does that speed feel?*
- *Now you've hit that threshold! In HIIT training you've gotta stay close to it when you fatigue or start to drop off!*

WORK 3

FLOOR COACH in the Sprint Phase

BACK ON BIKE in the Power Phase

Motivate your class to take it to another level in this final effort. Will you motivate them by what you SAY or simply by the way you MOVE? Are you a wordsmith or a physical role model? How will you take them there?

- *Don't tap out now – this is where the hard work is done!*
- *You're amazing – hold on!*
- *Power Training – this is probably going to hurt more than it should, but you're going to be OK!*
- *Get comfortable with being uncomfortable!*
- *Start like you mean it! You're in charge of you*

TRACK TIP

As we work towards the back half of the workout, your participants' intensity will start to drop off. Keep the intensity high by using the driving music and your voice. Allow the music to come out by matching your vocals to the music's energy. Try using Silence to immerse everyone in the song.



04. STRENGTH ENDURANCE

TRACK FOCUS

Motivate your class through this NO REST track. Ensure they find the correct Load for Strength and Power, coaching the difference in muscle recruitment.

WORKOUT PLAN

4x 50 seconds of Strength with Heavy Load, and 15 seconds of Power with Moderate – Heavy Load with NO REST.

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up H Load. <i>4 minutes of continuous Training – Strength Endurance with Power chasers</i>		
0:17	WORK 1	H	Stand 35secs	Strength
0:52		H	Sit 15secs	Strength
1:10		M – H	Sit 15secs	Power
1:27	WORK 2	H	Stand 35secs	Strength
2:02		H	Sit 15secs	Strength
2:19		M – H	Sit 15secs	Power
2:37	WORK 3	H	Stand 35secs	Strength
3:12		H	Sit 15secs	Strength
3:29		M – H	Sit 15secs	Power
3:49	WORK 4	H	Stand 35secs	Strength
4:24		H	Sit 15secs	Strength
4:41		M – H	Sit 15secs	Power



04. TIP PON IT 5:01mins

WORK 1

Set your class up with Layer 1 LPT with a focus on the transition from Strength to Power.

- *Hit the Training tempo, 1, 2, 1, 2*
- **Chest up, hips back**
- **Strong through the core**
- *Here's what we've got – 35 seconds of Standing, then 15 second Seated, then a 15 second Power chaser*
- *Reduce to Moderate to Heavy and chase the tempo*

WORK 2 & 3

Use Layer 2 cues to help your class train better, Adjust Intensity if needed or simply Educate them on the benefits of continuous Training.

- *Back to Heavy Load, Standing Strength*
- *You're going to need to use your bike as an anchor point. Brace your belly tight tying your upper and lower body together – that's going to help you push more Load*
- *How strong are you feeling?*
- *Pull back on the handlebars as you drive forward and down with your feet; lift at the back like a Hamstring Curl*
- *Back to Mod – Heavy, Power Training*
- *You've got the energy, but your mind is probably saying you're dropping out of the workout*
- *Think of one thing to get you through; it may be that you push harder – stamp the pedal down, you grab the handlebars tighter*
- *Chase the beat or go over it!*

WORK 4

Your class will be feeling the effects of this continuous track so use Layer 3 Motivate to get them across the line.

- *Back to Heavy Load – we've got one more!*
- *This track is wicked; it keeps on going and going and going!*
- *How does this feel? You can do it for just a little bit longer, right?*
- *How much do you have left?*

TRACK TIP

This continuous Training track is new to SPRINT with NO REST between Intervals. It changes the entire feel of the Training. It becomes about Endurance. Make sure you highlight this from the start and continue to remind your class to the end. This track is about working as hard as you can for 4 minutes – so pace yourself to make it to the end.



05. POWER FINISHER

TRACK FOCUS

Use time references to help find maximum intensity in this final track.

WORKOUT PLAN

4x 60 seconds of Power with Moderate – Heavy and a Moderate Load.

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Find M – H Load. <i>This is the track that you’re going to take home with you – where the benefits last way after you leave! Find Moderate – Heavy Load. Stand, go!</i>		
0:32	WORK 1	M – H	Stand 20secs	Power
0:53		M – H	Sit 20secs	Power
1:15		M	Sit 20secs	Power Sprint
1:36	REST	<i>Did you notice that? Were you slowing down towards the end of the set? That’s not failure, that’s HIIT – let’s do it again! Moderate – Heavy</i>		
1:58	WORK 2	M – H	Stand 20secs	Power
2:20		M – H	Sit 20secs	Power
2:40		M	Sit 20secs	Power Sprint
3:02	REST	<i>You’re right in the belly of the beast! It’s about the intention – less about what it looks like, more about what it feels like!</i>		
3:23	WORK 3	M – H	Stand 20secs	Power
2:45		M – H	Sit 20secs	Power
4:06		M	Sit 20secs	Power Sprint
4:27	REST	<i>This is the last set! One more round of 60 seconds!</i>		
4:49	WORK 4	M – H	Stand 20secs	Power
5:10		M – H	Sit 20secs	Power
5:32		M	Sit 20secs	Power Sprint



05. DECOMPRESSION 5:58mins

WORK 1

Use simple Layer 1 cues to find good Technique with Intensity straight away.

- **Shoulders down, chest up, abs braced**
- *If you can, go ahead of the tempo*
- *Leave Load, Sit, Power*
- *Slide your hips to where you feel most powerful*
- *Slight reduction to Moderate – Power kicker!*

WORK 2 & 3

FLOOR COACH WORK 2

BACK ON BIKE WORK 3

Use Layer 2 cues to help your class find more Intensity. Teach them how they could work harder or move better. Emphasize that slowing down at the end of the set is not a sign of weakness, it's a sign of HIIT.

- *Your goal is to fight through it – start fast!*
- *Sit – did you notice your legs slow down? YES? Good!*
- *Take that vulnerability and turn it into strength*

WORK 4

Bring the last effort of the entire workout to an end by Motivating your class to finish with Intensity! What will you do to Inspire your class?

- *Everything you've got!*
- *Out of breath!*
- *If you want it, go for it!*
- *Is this everything you've got? Can you give more?*
- *What can you do in the final 20 seconds?*

TRACK TIP

Help your class get through by using lots of time references, at each 20 second interval. Count down each effort so they know how many they have left. This will help more mentally than physically knowing what is required to get across the line.



06. FLUSH

ONE IN A MILLION 2:59mins

TRACK FOCUS

Acknowledge the work that went into today's class and congratulate them on finishing it.

WORKOUT PLAN

Flush out the legs for 2 minutes or longer – time permitting.
Stretch out the Quads, Glutes and Hamstrings off the bike.

TRACK TIP

How will you acknowledge the effort that went into the workout today? Will you say they worked especially hard in a particular track? Or that they worked harder than the previous week? Always keep your coaching positive and encouraging. Remind them that 2x SPRINT classes per week is the maximum amount of HIIT training for optimum results.



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

