

LES MILLS SPRINT 16

MUSIC

01. ACCELERATED WARMUP

02. POWER ENDURANCE

03. SPEED & POWER TABATA

04. MIXED FINISHER

05. FLUSH

BONUS **Workout for Water.**

05. FLUSH

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MUSIC

01. **Money Calling Me** (4:07)
Danny Byrd feat. Times x Two
© 2018 Hospital Records.
Written by: Byrd, Cader, Josef

02. **Ray Gun (Original Mix)** (6:28)
Deekline & Freestylers
© 2018 Jungle Cakes.
Written by: Harvey, Annand

03. **You Don't Even Know Me** (10:24)
SLANDER & RIOT
© 2018 Monstercat.
Written by: Davidson, Magid, Amaradio, Anderson, Karvinen

04. **Great Spirit (Extended Mix)** (7:35)
Armin Van Buuren feat. Hilight Tribe
© 2016 405 Recordings under exclusive license from Armada Music BV.
Written by: Buuren, De Goeu, Didier, Duroy, Garcia, Kadosh, Pelissier, Perez, Ruze, Saharaiviram

05. **Show Love** (3:31)
SYSYI & Jupiter Project
© 2018 Jupiter Republic.
Written by: Mhando, Correia, Hamilton

BONUS
05. **Heads Up** (3:19)
JAIN
© 2015 Spookland
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice

Workout
for Water.



RELEASE SUMMARY



L–R: Presenters Brent Findlay & Dee Tjoeng.

SPRINT 16 is tough so be ready!

Accelerated Warmup – get in the Training Zone with intervals of Power and Power Sprints. It's energising and uplifting.

Power Endurance – 100 seconds Work and 20 seconds Rest for a 5:1 Work to Rest ratio. These efforts increase our fitness base and cardiovascular capacity, and get us into our high end anaerobic zone and close to our maximum threshold. Work smart and avoid blowing out early to maximise the gains.

Speed & Power Tabata – 16 Intervals of 25 seconds Work and 12 seconds Rest. Your heart rate increases just thinking about it. We do 4x Sprint Intervals and 4x Power Intervals and REPEAT. It feels great to mix speed work with anaerobic power, and the change of stimulus allows us to effectively fight fatigue and stay in the H.I.I.T zone. There is nowhere to hide as the intervals just keep on coming, so again be smart and work consistently through each effort and stay close to the red line!

Mixed Finisher – driving music fuels the mix of Strength, Power, and Power Sprint Training. It is energy-sapping, but emotionally uplifting and is the perfect way to finish an amazing workout.

Flush – we have a BONUS Flush on this release as we team up with UNICEF and Workout For Water.

Celebrate with your class, respect their dedication to their Training, and get ready for the next 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

Dee Tjoeng (Australia) is a LES MILLS SPRINT, LES MILLS TONE, RPM and BODYSTEP Presenter and BODYATTACK Instructor. She is a nurse and is based in Brisbane.

Brent Findlay (New Zealand) is a LES MILLS SPRINT, BODYPUMP and RPM Trainer, a LES MILLS GRIT Coach and a CXWORX Instructor. His background is playing professional cricket.

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

Tell us what you think of this release. Visit lesmills.com/BLAH



01. ACCELERATED WARMUP

TRACK FOCUS

- Bring out the fun, fresh vibe of the song.
- Get your participants into the H.I.I.T zone and ready for the training ahead.

WORKOUT PLAN

2x 40 seconds of Power with M–H Load and 20 seconds of Power Sprint with M Load

Music	Interval	LPT & Coaching Tips		
0:05	INTRO	Explain Workout Plan. Set up M – H Load. <i>2x 60-second Power Intervals using a M–H Load for 40 seconds, then we reduce slightly to M and accelerate even faster!</i>		
1:09	WORK 1	M – H	Stand 20secs	Power
1:30		M – H	Sit 20secs	Power
1:52		M	Sit 20secs	Power Sprint
2:13	REST	<i>Great start team! One round in, one round to go! Time to crank up the workout! Same again – 60 seconds, but by the end of this set we want to find close to maximum intensity!</i>		
2:56	WORK 2	M – H	Stand 20secs	Power
3:17		M – H	Sit 20secs	Power
3:39		M	Sit 20secs	Power Sprint



01. MONEY CALLING ME 4:07mins

WORK 1

Use simple Layer 1 cues to set up LPT straight away. Be clear with the small reduction to M Load in the Power Sprint to maintain the intensity of the working block.

- *On tempo is a great place to start*
- *Stand: **Chest up, hips slightly forward***
- *Sit: **Butt back**, pull your handlebars into you and **brace your core***
- *Edge off the Load slightly and accelerate*
- *Is your heart rate firing?*

WORK 2

Revisit LPT, then use Layer 2 cues to maintain tempo so we hit the right intensity in the final set. Let them know how they should be feeling.

- *Shift your body weight forward and lean into the work*
- *Pump the legs hard*
- *Maintain tempo when you hit the seat*
- *At the end of this set, you know where you have to be: close to max heart rate*
- *This last 20 seconds is important – think heart rate and breathing!*

TRACK TIP

Connect with the fun, fresh sounds of this track and keep the feeling of being uplifted to get your class pumped for the workout ahead!



02. POWER ENDURANCE

TRACK FOCUS

- Clearly coach Load and Training tempo so your class finds max output and intensity.
- Use time references to help your class work at their max output for each block of work.

WORKOUT PLAN

3x 100 seconds of Power with M–H Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up M – H Load. <i>Find a Moderate – Heavy Load.</i>		
0:21	WORK 1	M – H	Stand 10secs	Power
0:32		M – H	Sit 10secs	Power
0:42		M – H	Stand 10secs	Power
0:53		M – H	Sit 10secs	Power
1:04		M – H	Sit 20secs	Power
1:25		M – H	Stand 10secs	Power
1:36		M – H	Sit 10secs	Power
1:47		M – H	Stand 10secs	Power
1:58		M – H	Sit 10secs	Power
2:08	REST	<i>Nice work! That was hard. Did you work to find your maximum Power output? We do that again. This time, let’s try to work even harder!</i>		
2:30	WORK 2	M – H	Stand 10secs	Power
2:40		M – H	Sit 10secs	Power
2:51		M – H	Stand 10secs	Power
3:02		M – H	Sit 10secs	Power
3:12		M – H	Sit 20secs	Power
3:34		M – H	Stand 10secs	Power
3:45		M – H	Sit 10secs	Power
3:55		M – H	Stand 10secs	Power
4:06		M – H	Sit 10secs	Power
4:17	REST	<i>One more to go! 100 seconds. Stand up – don’t think about it, just do it – get the job done!</i>		
4:38	WORK 3	M – H	Stand 10secs	Power
4:49		M – H	Sit 10secs	Power
5:00		M – H	Stand 10secs	Power
5:10		M – H	Sit 10secs	Power
5:21		M – H	Sit 20secs	Power
5:42		M – H	Stand 10secs	Power
5:53		M – H	Sit 10secs	Power
6:04		M – H	Stand 10secs	Power
6:15		M – H	Sit 10secs	Power



02. RAY GUN (ORIGINAL MIX) 6:28mins

WORK 1

Use the first effort to clearly set up LPT using basic Layer 1 cues.

- *On or above tempo*
- *Stand: **Lift your chest, lift it tall***
- *Sit: **Butt back, brace abs tight***
- *Here's the curveball – we stay down for an extra 20 seconds*
- *We are overloading our muscles, fighting against fatigue to max output!*
- *What does max output feel like to you? My lungs are gassed!*

WORK 2

FLOOR COACH

Revisit LPT, then use Layer 2 cues to Adjust Intensity and maintain good Technique to maintain tempo! Remember to use those time references to help get through the 100-second effort.

- *Bring the body weight forward; use your quads more*
- *To maintain the tempo under Load, brace your abs tight to help maintain the tempo*
- *If you maintain the tempo then you maintain the Power output and burn maximum calories!*
- *To feel more Power, try gripping those bars more firmly*
- *Remember, max Power output, max calorie burn!*

WORK 3

BACK ON THE BIKE

To help your class fight the fatigue, use well-placed time references to help them manage the workload. Don't forget to praise your class for their hard work!

- *One more: 100 seconds! Don't think about it, just do it!*
- *On or above tempo – whatever your max output is right now*
- *I know we're fatiguing so if you fall back on tempo, that's OK!*
- *How good does it feel to fight hard under fatigue? So good!*
- *40 seconds!*
- *Are you working to your max output? I can see you're working hard!*
- *20 seconds!*

TRACK TIP

Use time references to keep your participants in the 100 seconds' worth of work right until the end! This track is tough, so praise your class for their hard work!



03. SPEED & POWER TABATA

TRACK FOCUS

- Encourage participants to find maximum Speed and Power every Interval – true Tabata training.

WORKOUT PLAN

16x Intervals – 25 seconds of Work and 12 seconds of Rest:

4x 25 seconds of Sprint with L–M Load

4x 25 seconds of Power with M–H Load

4x 25 seconds of Sprint with L–M Load

4x 25 seconds of Power with L–M Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up a L–M Load.		
0:25	WORK 1	L – M	Sit 25secs	Sprint
0:50	REST	<i>Great effort! Remember to Sprint at your max, hips come forward, dip your toes and lift your knees high!</i>		
1:02	WORK 2	L – M	Sit 25secs	Sprint
1:27	REST	<i>Sprinting is a skill that anyone can get faster and better at!</i>		
1:40	WORK 3	L – M	Sit 25secs	Sprint
2:05	REST	<i>WOW, that’s hard! One more Sprint – it’s a skill you get better at the more and more you do!</i>		
2:17	WORK 4	L – M	Sit 25secs	Sprint
2:42	REST	<i>We’re going to flip this on its head – Power Tabata! M–H Load, Stand up, 12 up, 12 down, run!</i>		
2:54	WORK 5	M – H	Stand 12secs	Power
3:06		M – H	Sit 12secs	Power
3:19	REST	<i>REST! Stand up, 12 up, 12 down!</i>		
3:32	WORK 6	M – H	Stand 12secs	Power
3:44		M – H	Sit 12secs	Power
3:57	REST	<i>2 more like that – for now! Stand up – GO!</i>		
4:09	WORK 7	M – H	Stand 12secs	Power
4:21		M – H	Sit 12secs	Power
4:34	REST	<i>1 more brings us to halfway! We can do this!</i>		
4:47	WORK 8	M – H	Stand 12secs	Power
4:59		M – H	Sit 12secs	Power
5:11	REST	<i>Halfway, back to the Sprints. Find L–M, Sprint!</i>		
5:23	WORK 9	L – M	Sit 25secs	Sprint
5:49	REST	<i>3 Sprints to go! Let’s do it!</i>		
6:01	WORK 10	L – M	Sit 25secs	Sprint
6:26	REST	<i>Feels good, doesn’t it? 2 left – Sprinting simply improves your health!</i>		



03. SPEED & POWER TABATA

Music	Interval	LPT & Coaching Tips		
6:38	WORK 11	L – M	Sit 25secs	Sprint
7:03	REST	<i>This is all you – as fast and as hard as you can!</i>		
7:15	WORK 12	L – M	Sit 25secs	Sprint
7:41	REST	<i>12 down, 4 efforts left. This is the tipping point – CRUNCH TIME. Find M–H Load</i>		
7:53	WORK 13	M – H	Stand 12secs	Power
8:05		M – H	Sit 12secs	Power
8:17	REST	<i>How’s it feeling? Embrace that feeling</i>		
8:30	WORK 14	M – H	Stand 12secs	Power
8:42		M – H	Sit 12secs	Power
8:55	REST	<i>Who’s counting? 2 more to go!</i>		
9:07	WORK 15	M – H	Stand 12secs	Power
9:20		M – H	Sit 12secs	Power
9:32	REST	<i>1 more, Stand up. Let’s do it!</i>		
9:45	WORK 16	M – H	Stand 12secs	Power
9:57		M – H	Sit 12secs	Power



03. YOU DON'T EVEN KNOW ME 10:24mins

WORK 1 & 2

Use Layer 1 LPT cues to get your class training at max Speed. Use the Sprint cues to get them there.

- *Max Sprint! **Hips forward, toes down***
- *High knees; pump the legs*
- **Relax your body**

WORK 3 & 4

Use Layer 2 cues to take their work effort to the next level. Teach your class how they can move faster or better.

- *Try relaxing your arms. If you do that, it releases a handbrake and makes you go faster!*
- *That is hard! 1 more Sprint*
- *Handbrake off... fly!*

WORK 5 & 6

Switch focus to Power. Use Layer 1 LPT cues to remind class of how to find maximum Power.

- *Aiming above tempo*
- **Brace your belly and steady your hips**
- *Aim to maintain tempo*
- *I love seeing the hard work – great job*
- *Keep pumping your knees high. Don't lose the Power!*

WORK 7 & 8

FLOOR COACH

Increase Intensity to the next level by explaining how they can move more efficiently to increase Power. Use Layer 2 Educate cues to do so. As fatigue kicks in and they start to slow a little, remind them that the goal is to stay on tempo!

- *Hips forward slightly; pump the knees up!*
- *How good is that Power output?*
- *One more brings us to halfway!*
- *Goal is to maintain tempo*
- *12 seconds – you've got this*

WORK 9 & 10

FLOOR COACH

Back to Sprint. Correct any Technique issues, but also look, see and respond to what your class needs for them to stay in the H.I.I.T zone. Remember to praise and encourage your class as they'll be needing the motivation now!

- *Hips forward slightly; knees are pumping at high speed*
- *Anyone can go fast!*
- *3 Sprints left – 3 chances left!*
- *Release the upper body tension; release the handbrake*
- *Feels good, doesn't it?*

WORK 11 & 12

BACK ON THE BIKE

Motivate your class to stay in the zone in these final two Sprint efforts. Use Layer 3 cues that will Inspire your class to maintain that max Intensity.

- *If you want to improve your fitness quick – do this!*
- *Last Sprint – hard as you can!*
- *Fast and free*



03. YOU DON'T EVEN KNOW ME 10:24mins

WORK 13 & 14

Reset your class back into Power. Refocus your class into the final 2 minutes of this track.

- *This workout is for only 30 minutes – there is no time to muck around*
- *Right now, remember your 'Why'; your 'Why' will get you through this*

WORK 15 & 16

Create a Performance moment and lift everyone's motivation by hitting the final two efforts at YOUR absolute max. Show your love for H.I.I.T Training by immersing yourself in the music and the physicality of Power Training.

- *2x 25-second efforts left*
- *How good does it feel to work at max output? So good!*

TRACK TIP

This is a brutal Tabata track! 8 minutes in length. Break it into small chunks so 16 rounds of Tabata doesn't sound so overwhelming for your class. By halfway they will already be smashed, so use lots of praise and time references to keep your class in the game.



04. MIXED FINISHER

TRACK FOCUS

- Encourage participants to work to their max capacity through the variety of training modes.
- Use time references and clear LPT to drive your class hard to the finish line in this last track.

WORKOUT PLAN

2x Intervals – 3 minutes of Mixed Work and 40 seconds of Rest:

- 1x 60 seconds of Power with H Load
- 5x 10 seconds of Power with H Load
- 1x 30 seconds of Strength with H Load
- 1x 30 seconds of Power Sprint with M–H Load

NOTE: In WORK 1, Brent coaches M Load and not M–H Load.

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>		
0:40	WORK 1	H	Stand 60secs	Strength
1:32			REST 7secs	
1:41		H	Stand 10secs	Power
1:51			REST 4secs	
1:54		H	Stand 10secs	Power
2:04			REST 7secs	
2:11		H	Stand 10secs	Power
2:21			REST 4secs	
2:25		H	Stand 10secs	Power
2:35			REST 4secs	
2:38		H	Stand 10secs	Power
3:52		H	Sit 30secs	Strength
3:19		M – H	Sit 30secs	Power Sprint
3:46	REST	<i>REST! Do whatever you need to do to recover. Final 3 minutes of your 30-minute workout! Heavy Load. Are you in or are you out?!</i>		
4:26	WORK 2	H	Stand 60secs	Strength
5:20			REST 7secs	
5:27		H	Stand 10secs	Power
5:37			REST 4secs	
5:41		H	Stand 10secs	Power
5:51			REST 7secs	
5:58		H	Stand 10secs	Power
6:08			REST 4secs	
6:11		H	Stand 10secs	Power
6:21			REST 4secs	
6:25		H	Stand 10secs	Power
6:38		H	Sit 30secs	Strength
7:05		M – H	Sit 30secs	Power Sprint



04. GREAT SPIRIT (EXTENDED MIX) 7:35mins

WORK 1

FLOOR COACH

There's a lot of changes in this track so use simple Layer 1 cues to set up clear LPT. This will help your class find max Intensity by keeping it simple but driving them hard! Bring in Layer 2 Adjust Intensity cues to keep them in the work.

- *Heavy Load up front! Heavy Load for 1 minute of Standing Strength*
- *Straight away, feel the Heavy Load in the legs, grip the bars hard, strong position on the bike*
- **Chest up, butt back, belly strong**
- *It's so heavy you should be just holding onto the tempo!*
- *5x max Power, 10 seconds on, 4 seconds of Rest... same Load!*
- *Run, run hard – for max Power!*
- **Hips forward, chest up**
- *Above tempo, max tempo, max Power*
- *3 more – run! Go with your instincts – go hard!*
- *Up ahead, 1 minute of Seated Strength*
- **Butt back, brace your belly**
- *Just hold onto the tempo – success is on or just below tempo*
- *Muscle the pedal and feel strong*
- *Reduce to Moderate–Heavy Load for the last 30 seconds, Power Sprint! 30 seconds – gotta go here!*

WORK 2

Use lots of Layer 3 Motivation cues and time references to get your class through this last 3 minute block of their workout!

- *Goal is tempo; as you fatigue you might slow down – that's cool!*
- *Lift your chest and muscle your bars*
- *Max Training, muscles under fatigue!*
- *Right now, remember your 'Why' and go!*

TRACK TIP

Set up LPT clearly in the first block of work so your class knows exactly what they're doing and work to their max in the working blocks! Time references are key to ensuring your class will hold onto max Intensity to the end!



05. FLUSH

SHOW LOVE 3:31mins

TRACK FOCUS

- Celebrate and congratulate the hard work and effort of your class!
- Flush out the legs, cool down the body.

WORKOUT PLAN

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



BONUS Workout for Water:

05. FLUSH

HEADS UP 3:19mins

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia. Join us here: <https://www.workoutforwater.org/>

TRACK FOCUS

- Celebrate and congratulate the hard work and effort of your class!
- Flush out the legs, cool down the body.

WORKOUT PLAN

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



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.



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