

LES MILLS SPRINT **17**

MUSIC

01. ACCELERATED WARM UP

02. POWER ENDURANCE

03. SPRINTS

04. MIXED FINISHER

05. FLUSH

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MUSIC

- 01

Got You There (4:38)

Matrix & Futurebound feat. Zelah

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Written by: Hill, Quinn, Collins
- 02

Shahar (1:55)

FTampa & 22Bullets

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Written by: Ramos, Sony
- Lift You Up** (1:39)

Hollow Woods

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Written by: Hall, Mamid, James
- Shahar** (1:55)

FTampa & 22Bullets

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Written by: Ramos, Sony
- Lift You Up** (1:39)

Hollow Woods

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Written by: Hall, Mamid, James
- Shahar** (1:56)

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Written by: Ramos, Sony
- Lift You Up** (1:45)

Hollow Woods

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Written by: Hall, Mamid, James
- 03

Bed Squeak (4:09)

Wuki & Ape Drums feat. Nicky Da B

© 2019 Insomniac Records.

Written by: Unknown
- 04

Blah Blah Blah (Extended Mix) (7:26)

Armin Van Buuren

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Written by: van Buuren, Bullimore, Record
- 05

Stupid World (3:35)

Hermitude feat. Bibi Bourelly

© 2018 Elephant Traks.

Written by: Stuart, Dubber, Bourelli



RELEASE SUMMARY



L–R: Presenters Khiran Huston & Glen Ostergaard.

Sprint 17 focuses on enhancing athletic ability through the use of randomized intervals.

We instantly elevate the heart rate with a Drum & Bass powered Accelerated Warm up. The 3 Intervals quickly shift us into the Training Zone.

Track 2 is Power Training using a combination of seated and standing Power Intervals that are structured to create a less predictable feel. There are 6 x 80 second Intervals with varied Rest periods - the seated efforts build steady pressure to enhance base aerobic conditioning, and the standing efforts provide maximal stimulus to peak our fitness.

The following Sprint Track mixes a series of short 15 to 30 second Sprints with varied Rests to keep us sharp, focused, and ultimately fast!

The Mixed Finisher is a combination of Intervals where we use Heavy Load for both Power and Strength. Expect to produce some big watts and watch out for the change up in the final set – a cheeky Sprint with a Power chaser.

In summary, Sprint 17 has a huge amount of Intensity up front, some speed conditioning in the middle and a heavy finisher. Symptoms include increased fitness levels and a hunger for more!

Let’s get it lit.

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** – Monique Whareumu
- Special thanks to** – Dan Aux, George FM DJ, for music sourcing and suggestions

PRESENTERS

Glen Ostergaard (New Zealand) is Program Director for BODYPUMP, RPM and LES MILLS SPRINT. He began his group fitness career with BODYATTACK and is based in Auckland.

Khiran Huston (New Zealand) is a LES MILLS TONE, BODYPUMP and RPM Instructor, LES MILLS SPRINT Trainer, and a LES MILLS GRIT Coach. She is based in Auckland, where she is also an IT project manager.

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.



01. ACCELERATED WARM UP

TRACK FOCUS

- To prepare the body and set the intention for the workout: to be present the entire time, both physically and mentally.

WORKOUT PLAN

3x 40 second Power efforts using Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:05	INTRO	Explain Workout Plan. Set up M-H Load. Just under a minute to prepare. Find your Power Load: Moderate to Heavy, something that grabs onto the muscles. 3 blocks of work, 40 seconds each		
0:58 1:20	WORK 1	M – H M – H	Stand 20secs Sit 20secs	Power Power
1:41	REST	We want to make a pact: devote 100% of ourselves to the workout; to be mentally and physically present in this workout.		
2:24 2:46	WORK 2	M – H M – H	Stand 20secs Sit 20secs	Power Power
3:07	REST	Rest by taking some of the Load out of the muscles. Last effort before we hit the main Training phase. To find more Intensity in the muscles, add more Load.		
3:52 4:14	WORK 3	M – H M – H	Stand 20secs Sit 20secs	Power Power



01. GOT YOU THERE 4:38mins

WORK 1

Use clear and concise LPT Layer 1 setup cues to get people moving on the Training tempo as quickly as possible.

- **Chest is tall, brace the belly**, knees come straight up
- *Get on tempo as fast as you can, as the tempo is the Training*
- Sit: **Hips are back, core is tight and upper body is relaxed**

WORK 2

Set the intention for the Training today. Use Layer 2 cues to revise the LPT and to enhance the Training tempo, ensuring participants get warm fast.

- *Use the core and the hips to drive the knees straight up towards the chest. That's going to generate more speed and generate the Training tempo*
- *Because the tempo is the Training and the Training is the tempo*

WORK 3

Focus on getting your class into the Training zone in this final set; they need to be breathless by the end. Motivate your class by lifting your energy and creating excitement for what's ahead. How can you create more energy in this final block?

TRACK TIP

The song is empowering. Use this to set the tone and intention for the Training. Keep it positive, encouraging and upbeat.



02. POWER ENDURANCE

TRACK FOCUS

- Motivate your class to sustain Intensity in these long efforts. Coach them to work with the right Load and Training tempo.

WORKOUT PLAN

6x 70-80 second Power efforts using Moderate to Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up M-H Load. 11 minutes of Training made up of 6 efforts. Each one is 70 to 80 seconds. Start with Seated Power. Find Moderate – Heavy Load as we wind up onto the tempo.		
0:38	WORK 1	M – H	Sit 80secs	Power
1:55	REST	Rest. Stand up.		
2:17	WORK 2	M – H	Stand 20secs	Power
2:39		M – H	Sit 20secs	Power
3:01		M – H	Stand 10secs	Power
3:12		M – H	Stand 20secs	Max Power
3:34	REST	First 2 blocks done, 4 to go! Set load, set time, set speed, a sustained effort. We are looking for on the beat for the entire 80 seconds!		
4:12	WORK 3	M – H	Sit 80secs	Power
5:29	REST	Listen up! 20 seconds up, 20 seconds down, 10 second build with a 20 second max effort! Your body craves this kind of Training!		
5:51	WORK 4	M – H	Stand 20secs	Power
6:13			Sit 20secs	Power
6:35			Stand 10secs	Power
6:46			Stand 20secs	Max Power
7:09	REST	We’re back to 80 seconds of sustained effort. We are Training the muscles to perform when we need them the most.		
7:47	WORK 5	M – H	Sit 80secs	Power
9:04	REST	One more effort! Let’s do this!		
9:26	WORK 6	M – H	Stand 20secs	Power
9:48		M – H	Sit 20secs	Power
10:10		M – H	Stand 10secs	Power
10:21		M – H	Stand 20secs	Max Power



02. SHAHAR / LIFT YOU UP 10:49mins

WORK 1 & 2

Use simple Layer 1 cues to find Intensity straight away. Focus on the Training tempo as participants will have a tendency to move too fast by not using enough Load.

- 1, 2, 1, 2 – 100rpm or thereabouts
- Enhance our Training by adding a little more Load
- **Butt back, brace your core**
- **Lift your chest**
- With these longer sustained efforts we build density and depth into our fitness
- The Load needs to be heavy enough that it kicks back at you
- Approaching our first max effort, 20 seconds of Max Power! As hard as you can!

WORK 3 & 4

FLOOR-COACH

Use Layer 2 cues to enhance the workout. Reminder of the effort: it's sustained and you want to hit the beat of the music for the full effort. Look for ways to enhance this on the floor and motivate people to train for the full 80 seconds. How will you do this?

The 20 seconds of Max Power needs to be hit hard and with full Intensity. Remind your class of today's workout intention that was set in Track 1.

- What if you took a little bit more Load – what would that feel like?
- If you take on a bit more Load, with more control through the hips, this means the muscles are working more – know what that means? RESULTS!
- How does that feel? Continuous tension, constant sting – a good sustained effort. This is what's going to get us fitter!
- Chest up, now you can breathe. More oxygen means more muscle; more muscle means more work and better results!
- When you Stand up you're going to pull back slightly, then you're going to give your absolute max for 20 seconds!

WORK 5 & 6

BACK ON THE BIKE

Last two efforts, where your class will be fatiguing. To help them get through, use well-placed time references. This will help them mentally complete the track. Use lots of praise and encouragement right to the end.

- You've got to hold on for as long as you can, at least on tempo!
- 60 seconds – can you feel it? It feels like chaos in the body!
- 20 seconds!
- Are you self-checking? It is absolutely OK to feel uncomfortable, and if you're slowing down cause you need too – it's OK. But if you're slowing down cause you want too – it's not!

TRACK TIP

This track accounts for one third of the workout – it's nearly 11 minutes! So, it needs to be trained hard! If they don't give 100% they won't get the true effect of the workout. Be sure to coach your class to push each effort as hard as they can.



03. SPRINTS

TRACK FOCUS

- Clearly coach the unpredictable Work and Rest phases by pre-cueing them early.

WORKOUT PLAN

6x 15-30 second Sprints using Light to Moderate Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up L-M Load. 6x Sprints of varying lengths. We hit top speed, then we slow.		
0:48	WORK 1	L – M	Sit 30secs	Sprint
1:18	REST	1 done, 5 to go. Take the longer Rest here. Sit up if you want to.		
1:42	WORK 2	L – M	Sit 30secs	Sprint
2:05	REST	Here it comes – 2 short ones. 15 on: 15 off.		
2:18	WORK 3	L – M	Sit 15secs	Sprint
2:30	REST	Slow, take the Rest, 3 Sprints to go.		
2:41	WORK 4	L – M	Sit 30secs	Sprint
3:06	REST	We’ve only got 15 seconds. No time to think – just MOVE!		
3:18	WORK 5	L – M	Sit 15secs	Sprint
3:30	REST	Final 30 seconds and then we’re done with Track 3!		
3:42	WORK 6	L – M	Sit 30secs	Sprint



03. BED SQUEAK 4:09mins

WORK 1 & 2

Use Layer 1 cues to set LPT and to get your class moving fast.

- **Hips forward, dip toes**
- *30 seconds go!*
- *Relax the body – help the legs go fast*

WORK 3 & 4

FLOOR-COACH

Encourage your class to take their effort to the next level by using Layer 2 cues that will Improve Execution or Adjust Intensity. Clearly cue the different times of Work and Rest in these 2 blocks.

- *Fast legs! Dip toes to get small circles and faster legs*
- *If you relax the body, you'll go quicker!*

WORK 5 & 6

BACK ON BIKE

As your class fatigues in these final blocks, use Layer 3 cues to Inspire and Motivate them to continue to work to their full potential.

- *The human body is designed for movement – so move your legs*
- *Are you still present in the workout or are you floating away?*
- *Are you moving as fast as you can? Stay in this moment!*

TRACK TIP

Ensure you take extra time learning this track so you know the Workout Plan thoroughly and can sync this to the many changes in the music. If you don't you can quickly get lost and lose your audience. Your class will be successful if they can trust your Coaching and this starts with knowing the Workout Plan and the music. Try using the various instrumental or lyric landmarks, sensing the builds and drops, or using traditional counts of 8 i.e. 4x8cts is 15secs, 8x8cts is 30secs etc.



04. MIXED FINISHER

TRACK FOCUS

- The only opportunity to train Strength. Coach the benefit of finding Heavy Load.

WORKOUT PLAN

5x efforts of Mixed Work

1x 50 second Strength and 10 second Power with H Load

3x 25 second Power and 30 second Strength with H Load

1x 30 second Sprint with L-M Load and 30 second Power with M-H Load

Note: In Blocks 2/3/4 it is 25 seconds of Power not 30 seconds as cued in the Masterclass.

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Find H Load. 5 blocks, first find a Heavy Load – 50 seconds of standing!		
0:27	WORK 1	H	Stand 50secs	Strength
		H	Stand 10secs	Power
1:20	REST	Rest, Heavy Load, add one more plate to your heavy Squat. We have standing Power followed by seated Strength. The Load doesn't change!		
2:00	WORK 2	H	Stand 25secs	Power
2:26		H	Sit 30secs	Strength
2:54	REST	Rest! Add another weight to the Squat bar. We do that again – 25 seconds we chase it, 30 seconds we hold it!		
3:26	WORK 3	H	Stand 25secs	Power
3:52		H	Sit 30secs	Strength
4:21	REST	Last one, 3/3. Last plate, add it onto the end of the bar. Add Load. Standing start! Hit it!		
4:52	WORK 4	H	Stand 25secs	Power
5:20		H	Sit 30secs	Strength
5:47	REST	It all comes down to this one moment – we have one more effort! 30 second Sprint, 30 second Power Remember that pact we made – to be in the moment, to give 100%! This is our Training, our time!		
6:26	WORK 5	L – M	Sit 30secs	Sprint
6:53		M – H	Stand 30secs	Power



04. BLAH BLAH BLAH 7:26mins

WORK 1

This is the first time we train Strength, so use Layer 1 setup cues to get participants moving with good Load, Position, and Training tempo.

- **Hips back, chest lifted**, bodies tall, on the 45 degrees
- *Feel the load sitting in the muscles – should feel hard to push, needing to push the pedals from above! Big shift from side to side*
- Accelerate – 5% quicker!

WORK 2

Same Load, but this time a faster Training tempo for the first 25 seconds. Use Layer 1 cues again this time focusing on the tempo

- 25 seconds of standing Power / 30 seconds of Seated Strength
- Work at your max! Faster than the beat!
- **Hips are forward, brace your core** to steady your hips
- Hold the beat – Seated Strength
- **Hips are back, brace your belly**

WORK 3 & 4

Use Layer 2 cues to enhance the workout, by Improving Execution or simply to Adjust Intensity and make them work harder.

- *By taking Heavy Load and pushing the Power tempo we are stressing the muscle fibers. When we do that we train top-end Power and tell the body to burn more calories for energy!*
- Hips back on the saddle uses more hamstrings
- Use your upper body, pull the handlebars towards you as you push the pedal away. Pull and push
- Core strong – your hips should be glued to the seat
- Back on the beat – Seated Strength

WORK 5

Final effort of the workout! A Sprint and Power phase. Bring them home with Intrinsic Motivators to keep them giving their 100%, whatever that looks like, until the very end.

- Hips are forward, toes down.
- Are you holding yourself accountable?
- Are you giving it absolutely everything?!
- Add load Moderate – Heavy
- Run! Max out – absolutely everything!
- You don't want to leave your Training today thinking 'what if'? You want to leave knowing you've done your absolute best!



05. FLUSH

STUPID WORLD 3:35mins

TRACK FOCUS

- Celebrate with your class on the workout done, tying in the overall release focus of being present at all times, both physically and mentally.

WORKOUT PLAN

Flush legs for 2-3 minutes.
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.

