

LES MILLS SPRINT **21**

MUSIC

01. MIXED CONDITIONING 1

02. MIXED CONDITIONING 2

03. COOLDOWN

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MUSIC

01

Burn (3:46)
Brookes Brothers & Kove feat. Kathy Brown
© 2020 Drum&BassArena.
Written by: D. Brookes, P. Brookes, Rockhill, Brown

Get Up (3:05)
50 Cent
Courtesy of the Universal Music Group.
Written by: Storch, Jackson

So You Want Drums (2:52)
Wiwek feat. MC Vocab
© 2014 DADADAM B.V. / Rimbu.
Written by: Mahabali, Gordon

Automata (4:16)
Metrik
© 2020 Hospital Records.
Written by: Mundell

2

Burn (3:46)
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3

In Your Eyes (3:58)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Tesfaye, Martin, Balshe, Holter



RELEASE SUMMARY



L-R: Bas Hollander and Glen Ostergaard

In this release we share our passion for HIIT training through amazing music and choreography. Its modern music, powerful and pure HIIT training creates yet another fantastic class. It is a simple release with just two tracks – Yes, that’s right, TWO tracks: Mixed Conditioning 1 and Mixed Conditioning 2.

We kick straight into Mixed Conditioning 1! What, no Accelerated Warm-up?!

Treat the first two blocks of this track as an Accelerated Warm-up, which will get us into the training zone quickly before we hit it hard in Strength in the third block. With both long and quick jumps, we hit these first two Power blocks hard as we prime the body ready for Strength.

We then move into two continuous Strength efforts that will burn the legs and genuinely test our fitness. In these two blocks we have short Accelerations of Strength Power, where we move ahead of the beat, pushing that Heavy Load which will really challenge you.

Sprints are up next. We have 4x 30-second efforts to challenge the nervous system, the goal is to move as quick as you can, it’s only short so what have you got to loose?

Finish this first Mixed Conditioning track with 2x 80 seconds of power. Your goal here is to take it to the max in the Accelerations, challenge yourself – you’ll get fitter for it! The overall focus for this track, is to find top Intensity and work as hard as you can.

Mixed Conditioning 2 is a repeat of the first track. Exactly the same workout plan, but this time it’s about maintaining that Intensity and with good Technique.

This time the first two efforts are not a Warm-up, they are considered working blocks, so get to it! Then repeat all of the above again. What will you do to keep your riders in the workout and working as hard as they can?

Enjoy teaching this pure athletic release!

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Production Coordinator – Lily Roelofs

PRESENTER

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

Bas Hollander (The Netherlands) is a LES MILLS SPRINT, LES MILLS GRIT, LES MILLS THE TRIP, LES MILLS TONE Trainer/Presenter/Ambassador and a BORN TO MOVE Trainer/Presenter. He is also LMI’s Education Director, based in Auckland.

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.

RELEASE FEEDBACK

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



01. MIXED CONDITIONING 1

TRACK FOCUS

- Use LPT to clearly coach Load and Training, as well as the multiple shifts of Position
- Aim for top peak performance during each Interval, going as hard as we can in every set

NOTE: treat Interval 1 & 2 as an Accelerated Warm-up

WORKOUT PLAN

2x 75-second Power with Moderate – Heavy Load
1x 180-second Strength with Heavy Load
4x 30-second Sprint with Light – Moderate Load
2x 80-second Power efforts with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:05	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>Two blocks to get the body ready for high intensity training. Find some Moderate Load, tension in the muscles bringing pressure into the body right from the start. We are still in the comfort zone, let’s find Moderate – Heavy Load, drag on the wheel. Get ready to work!</i>		
WORK 1				
	M–H	2x Long Jump Combo	Power	
0:49		Stand 6secs		
0:55		Sit 6secs		
1:00		Stand 6secs		
1:06		Sit 6secs		
		4x Quick Jump Combo	Power	
1:11		Stand 3secs		
1:14		Sit 3secs		
1:17		Stand 3secs		
1:20		Sit 3secs		
1:22		Stand 3secs		
1:25		Sit 3secs		
1:28		Stand 3secs		
1:31		Sit 3secs		
1:33		Sit 30secs	Power	
2:06	REST	<i>Top peak performance right from the start. If you aren’t quite there yet we are going to do the same thing again. We’re back everybody!</i>		
WORK 2				
	M–H	2x Long Jump Combo	Power	
2:28		Stand 6secs		
2:34		Sit 6secs		
2:39		Stand 6secs		
2:45		Sit 6secs		
		4x Quick Jump Combo	Power	
2:50		Stand 3secs		
2:53		Sit 3secs		
2:56		Stand 3secs		
2:59		Sit 3secs		
3:01		Stand 3secs		
3:04		Sit 3secs		
3:07		Stand 3secs		
3:10		Sit 3secs		
3:13		Stand 20secs		
3:35		Sit 10secs	Power	
3:46	REST	<i>Power into Strength. Slow and Heavy</i>		



01. MIXED CONDITIONING 1

Music	Interval	LPT & Coaching Tips	
WORK 3			
3:51	H	Stand 20secs	Strength
4:12		Sit 20secs	
4:32		Stand 20secs	
4x Strength Combo			
4:53		Stand 3secs	Strength Power
4:56		Stand 3secs	Strength
4:58		Stand 3secs	Strength Power
5:01		Stand 3secs	Strength
5:04		Stand 3secs	Strength Power
5:06		Stand 3secs	Strength
5:09		Stand 3secs	Strength Power
5:12		Stand 3secs	Strength
5:14		Sit 20secs	Strength
5:35		Stand 20secs	
8x Strength Combo			
5:55		Stand 3secs	Strength Power
5:58		Stand 3secs	Strength
6:01		Stand 3secs	Strength Power
6:04		Stand 3secs	Strength
6:07		Stand 3secs	Strength Power
6:09		Stand 3secs	Strength
6:11		Stand 3secs	Strength Power
6:14		Stand 3secs	Strength
6:16		Stand 3secs	Strength Power
6:19		Stand 3secs	Strength
6:22		Stand 3secs	Strength Power
6:24		Stand 3secs	Strength
6:27		Stand 3secs	Strength Power
6:29		Stand 3secs	Strength
6:32		Stand 3secs	Strength Power
6:35		Stand 3secs	Strength
6:37		Sit 15secs	Strength
6:52	REST	From Strength all the way to the other end of the spectrum, Sprints! Back off to Light – Moderate. 4x 30-second Sprints as fast as you can.	
WORK 4			
7:07	L–M	Sit 30secs	Sprint
7:35	REST	Rest. Top peak performance – so don't go too Light. We want to go fast but with control.	
WORK 5			
7:49	L–M	Sit 30secs	Sprint
8:19	REST	New focus – hit your top speed as quickly as you can. A tip, get out of your seat for a split second to get that speed up!	
WORK 6			
8:32	L–M	Sit 30secs	Sprint
9:01	REST	Rest – one more. We've got the Load, upper body is relaxed, we've got the Jump start, now we find our rhythm.	



01. MIXED CONDITIONING 1

Music	Interval	LPT & Coaching Tips	
WORK 7			
9:15		L-M	Sit 30secs Sprint
9:44	REST	Two peaks, 80 seconds each. Standing Power with M-H Load. Feel the Load, it'll feel sluggish until you get the legs moving. First 20 seconds on the beat, then we're going to kick!	
WORK 8			
10:16		M-H	Stand 20secs Power
10:39			Stand 20secs Max Power
11:01			Stand 20secs Power
11:23			Stand 20secs Max Power
11:45	REST	Is it me or does 80 seconds feel 10x harder than 60?! Mentally get ready – 80 seconds is long but we can do it. This one sets the tone for the next block.	
WORK 9			
12:29		M-H	Stand 20secs Power
12:51			Stand 20secs Max Power
13:13			Stand 20secs Power
13:35			Stand 20secs Max Power



01. BURN / GET UP / SO YOU WANT DRUMS / AUTOMATA 13:59mins

TECHNIQUE AND COACHING

WORK 1

Focus on warming up. Coach using clear Layer 1 LPT cues with an initial emphasis on Load and Training tempo before Position.

- Stand: **Hips forward, chest lifted, strong core brace**
- Sit: Hips back, **belly braced, chest lifted**
- Quick ones: Up, down, stand, sit
- We are staying in it. Power training – 30 seconds
- Accelerated Warm-up – High intensity, right from the start
- Heart is beating faster, lungs are breathing in more oxygen

WORK 2

Reinforce the basics from Work 1, then add and emphasize Layer 2 Adjust Intensity cues to help everyone work harder.

- Do you feel the difference? More power in those legs?!
- Singles up and down, let's go!
- We're going to burn burn burn
- 30-second Standing Power. If you're not in the red zone yet, run your knees a little bit quicker.

WORK 3

Quick transition so be sure to cue Heavy Load early. The focus is on Strength so reinforce Load. As participants fatigue use Layer 2 cues to enhance the feel and help them find great Position to drive the Load. Cue the Strength Power accelerations as slightly ahead of the beat, counting down the faster and slower paces. This is a long Interval so pace your cues and allow the coaching to be applied before moving on.

- Heavy on the Load, slow on the beat
- Strong grip, **brace your core, lift your chest**
- Maintain the Load, sit, **butt back**
- Standing Strength, body weight moving side-to-side
- For peak power and performance we have 4x little surges off the beat!
- Little kick, slow
- Butt back in saddle
- Strong through the core – drive hard
- Add more weight to the wheel, standing Strength
- Again, we are going to peak our performance with not 4 but 8 surges!
- Bring your body weight forward to use your quads more
- Two to go – you can do this!
- Slow, hold, sit! Peak Power – right to the bitter end.

WORK 4

First Sprint of the workout. Set the Load, then teach your class how to move quickly using Layer 1 LPT cues.

- Fast, fast, fast!
- **Hips forward, toes down, chest up, shoulders down, brace your core**



01. BURN / GET UP / SO YOU WANT DRUMS / AUTOMATA 13:59mins

TECHNIQUE AND COACHING

WORK 5 & 6

Use Layer 2 Improve Execution and Adjust Intensity cues.

- *30 seconds!*
- *Fast legs!*
- *Relax the body to help you go even quicker – shoulders down, elbows soft!*
- *Feels good right?*
- *Stay in the workout, don't let it go!*

WORK 7

Final Sprint, use Layer 3 Motivation cues to help everyone stay in the workout.

- *Find your rhythm*
- *Good tempo*
- *My legs are wanting to slow down, let's keep it going guys*

WORK 8

Quickly change the focus to Power by setting up correct Load and Tempo. Using LPT cues to ensure the right leg speed is met. Options to Accelerate beyond the Tempo to find a new Intensity.

- ***Chest up, lean in***
- *1, 2, 1, 2, 1*
- *Because the efforts are long, we need to stage it.*
- *From 20 seconds on the beat, to 20 seconds ahead of the beat.*
- *This will extend our fitness, building our base!*
- *Stay standing, back on tempo*
- *As hard as you can go – right now – Run!*
- *It's the hardest thing you'll do today*

WORK 9

Repeat Work 8. Use Improve Execution and Adjust Intensity Layer 2 cues that will help enhance your participant's performance output to finish this track. Also, inspire your class by personally role-modeling your own intensity.

- *On the beat, lean forward*
- *Surge for 20 seconds*
- *Even 1% faster is a change!*
- *Fall back onto the beat*
- *Last 20 seconds – let's do this!*

TRACK TIP

Use lots of LPT cues. This track is busy, with many types of Training. The Training response will be maximized if the correct Load and Tempo are used. Be clear with what is needed by being descriptive with Load and Training Tempo cues.



02. MIXED CONDITIONING 2

TRACK FOCUS

- A repeat of Track 1, but this time challenge your class to work harder by using lots of Improve Execution and Adjust Intensity cues.
- Educate your class on the benefits of working hard

WORKOUT PLAN

2x 75-second Power with Moderate – Heavy Load
1x 180-second Strength with Heavy Load
4x 30-second Sprint with Light – Moderate Load
2x 80-second Power efforts with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>Just like that 14 minutes done! First set let’s get the intensity back up. Then maintain it right till the end. Build Tempo and Load Moderate – Heavy, are you ready?!</i>		
WORK 1				
	M–H	2x Long Jump Combo	Power	
0:44		Stand 6secs		
0:50		Sit 6secs		
0:55		Stand 6secs		
1:01		Sit 6secs		
		4x Quick Jump Combo	Power	
1:06		Stand 3secs		
1:09		Sit 3secs		
1:12		Stand 3secs		
1:15		Sit 3secs		
1:17		Stand 3secs		
1:20		Sit 3secs		
1:23		Stand 3secs		
1:26		Sit 3secs		
1:29		Sit 30secs	Power	
2:01	REST	<i>Repeat, we do it again. Moderate – Heavy Load, ready?!</i>		
WORK 2				
	M–H	2x Long Jump Combo	Power	
2:24		Stand 6secs		
2:29		Sit 6secs		
2:34		Stand 6secs		
2:40		Sit 6secs		
		4x Quick Jump Combo	Power	
2:46		Stand 3secs		
2:49		Sit 3secs		
2:51		Stand 3secs		
2:54		Sit 3secs		
2:57		Stand 3secs		
2:59		Sit 3secs		
3:02		Stand 3secs		
3:05		Sit 3secs		
3:08		Stand 20secs		
3:30		Sit 10secs	Power	
3:41	REST	<i>Once again, Heavy Load – Strength time! Stand!</i>		



02. MIXED CONDITIONING 2

Music	Interval	LPT & Coaching Tips	
WORK 3			
3:46	H	Stand 20secs	Strength
4:07		Sit 20secs	
4:27		Stand 20secs	
4x Strength Combo			
4:48		Stand 3secs	Strength Power
4:51		Stand 3secs	Strength
4:54		Stand 3secs	Strength Power
4:56		Stand 3secs	Strength
4:59		Stand 3secs	Strength Power
5:01		Stand 3secs	Strength
5:04		Stand 3secs	Strength Power
5:07		Stand 3secs	Strength
5:09		Sit 20secs	Strength
5:30		Stand 20secs	
8x Strength Combo			
5:50		Stand 3secs	Strength Power
5:53		Stand 3secs	Strength
5:56		Stand 3secs	Strength Power
5:59		Stand 3secs	Strength
6:02		Stand 3secs	Strength Power
6:04	Stand 3secs	Strength	
6:07	Stand 3secs	Strength Power	
6:09	Stand 3secs	Strength	
6:11	Stand 3secs	Strength Power	
6:14	Stand 3secs	Strength	
6:17	Stand 3secs	Strength Power	
6:19	Stand 3secs	Strength	
6:22	Stand 3secs	Strength Power	
6:24	Stand 3secs	Strength	
6:27	Stand 3secs	Strength Power	
6:30	Stand 3secs	Strength	
6:32	Sit 15secs	Strength	
6:47	REST	Rest, reduce Load. 4x 30 seconds, with 15 seconds off. Light – Moderate Load, let's give it some gas!	
WORK 4			
7:02	L-M	Sit 30secs	Sprint
7:30	REST	Sit up, relax! Three to go. This time on the edge of the seat, dip your toes	
WORK 5			
7:44	L-M	Sit 30secs	Sprint
8:13	REST	I'm going to take some more Load, stand up for the first few seconds to get a running start! Ready?	
WORK 6			
8:27	L-M	Sit 30secs	Sprint
8:56	REST	Relax, one to go! Again, stand up, run over the top, then Sit. Get a head start!	



02. MIXED CONDITIONING 2

Music	Interval	LPT & Coaching Tips		
WORK 7				
9:10		L-M	Sit 30secs	Sprint
9:39	REST	Two blocks 80 seconds each. We are still aiming for top peak performance. Somewhere in this 80 seconds you should be starting to drop off but try to close that gap. Find Moderate – Heavy Load, get ready!		
WORK 8				
10:12		M-H	Stand 20secs	Power
10:34			Stand 20secs	Max Power
10:56			Stand 20secs	Power
11:18			Stand 20secs	Max Power
11:40	REST	Awesome Load on the bike! Just like that! Last one. 28 minutes almost done! Moderate – Heavy on the Load. All the intensity that you can maintain for 80 seconds and you’re done! 20 on the beat, 20 slightly ahead of the beat, 20 back on the beat and last 20 what ever you’ve got left, empty the tank!		
WORK 9				
12:24		M-H	Stand 20secs	Power
12:46			Stand 20secs	Max Power
13:08			Stand 20secs	Power
13:30			Stand 20secs	Max Power



02. BURN / GET UP / SO YOU WANT DRUMS / AUTOMATA 13:59mins

TECHNIQUE AND COACHING

WORK 1 & 2

FLOOR COACHING WORK 2

This time through these blocks we are not warming up, we are working hard with a Power focus. Use Layer 1 LPT cues to set up the moves then use Layer 2 Improve Execution and Adjust Intensity cues to find that Intensity.

- *Lean in, lift up*
- **Brace your belly** to steady your hips
- *Quick jump, two up and two down*
- *Chop it in half now – 4x Jumps*
- *A game of two halves, this is the half that makes the difference*
- *Keep the Tempo up*
- *Option coming, stay Seated or Stand and run!*
- *Sit hold!*

WORK 3

FLOOR COACHING WORK 3

Quick transition into Strength, set up LPT with that focus on Load. Challenge your class to work harder by using more Load and to hit the faster Tempo in the Accelerations. Again, use Layer 2 cues to Adjust Intensity and Improve Execution.

- *Make it super Heavy*
- *Hold the Load, Sit*
- *So Heavy that we eliminate all momentum through the legs*
- *You need to add more, Stand*
- *Whole body moves, brace your core strong*
- *4x Acceleration, go! 5% quicker, back on beat*
- *2 minutes left*
- *I'm struggling to stay on the beat, are you?*
- *Whole body Works, using your arms*
- *8x Acceleration coming up!*

WORK 4, 5, 6 & 7

FLOOR COACHING WORK 6 & 7

Quickly educate your class on the change of focus to Sprints. Use Layer 2 Improve Execution cues to help your class ride faster, better and harder. Motivate your class to ride at their best, as fast as they can, knowing that the interval is only 30 seconds.

- **Bring your butt forward on the seat.** *Drop your arms and bring your elbows in*
- **Chest up, brace your belly**
- *Bring the drum, feel the drum*
- *15 seconds, hard, flat and fast*
- *Keep the muscles activated staying in the peak performance state*
- *Pure speed! Come on!*
- *Foot on the pedal! Pedal to the metal!*



02. BURN / GET UP / SO YOU WANT DRUMS / AUTOMATA 13:59mins

TECHNIQUE AND COACHING

WORK 8 & 9

FLOOR COACHING WORK 8

BACK ON BIKE WORK 9

Bring the workout to an end by using Layer 3 cues to Motivate and Inspire your class to maintain the Intensity right through to the end.

- *On the beat 1, 2, 1, 2*
- *Accelerate, try to get above the beat!*
- *80 seconds is a killer, but you're doing great*
- *Fall back onto the beat*
- *This is where your performance will start to drop.*
- *This is your mental challenge, close the gap mentally*
- *Tell yourself that you can!*
- *20 seconds, run hard, bring the knees up!*
- *Push past your max! 10 seconds left.*

TRACK TIP

Because this track is a repeat of the previous one, there'll be less of a need for Layer 1 cues. Instead coach your class how they can Improve their Technique or how to work harder using Layer 2 cues. Motivate your participants to help them get through this final track. Be really clear with time reference cues and the workout plan so your class knows exactly what's ahead.



03. COOLDOWN

IN YOUR EYES 3:58mins

WORKOUT PLAN

Spin legs for 2-3 minutes
Stretch out the Quads, Glutes and Hamstrings off the bike



WE ARE ONE GLOBAL FAMILY

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

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

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

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

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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

