

LES MILLS SPRINT **23**

MUSIC

01. ACCELERATED WARM-UP

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03. SPRINT TABATA

04. STRENGTH ENDURANCE

05. POWER TABATA

06. STRENGTH ENDURANCE

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MUSIC

01

Make No Sound (3:14)
Brookes Brothers & Liam Bailey
© 2020 Drum&BassArena.
Written by: D. Brookes, P. Brookes, Bailey,

02

Let You Go (4:00)
DAN DRAPER
© 2021 Les Mills Music Licensing Ltd.
Written by: Beasley

03

Solstice Izo (2:15)
Gradient Skies
© 2021 Les Mills Music Licensing Ltd.
Written by: Birchard

04

STEREOPLEIN (2:54)
Wiwek feat. MX2
© 2020 Barong Family.
Written by: Parkinson, Mahabali

05

Alchemy (4:01)
Blanke
© 2020 Deadbeats.
Written by: Orchison

06

STEREOPLEIN (2:54)
Wiwek feat. MX2
© 2020 Barong Family.
Written by: Parkinson, Mahabali

07

Solstice Izo (2:15)
Gradient Skies
© 2021 Les Mills Music Licensing Ltd.
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Let You Go (4:00)
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09

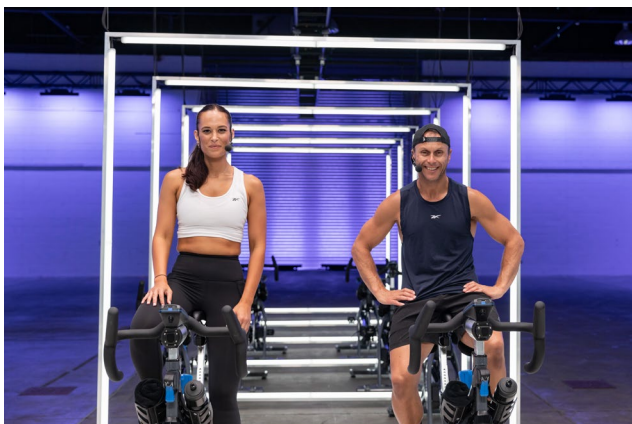
Make No Sound (2:49)
Brookes Brothers & Liam Bailey
© 2020 Drum&BassArena.
Written by: D. Brookes, P. Brookes, Bailey,

10

Self Care (3:09)
Louis The Child & COIN
Courtesy of the Universal Music Group.
Written by: Lawrence, Memmel, Winnen



RELEASE SUMMARY



Khiran Huston and Glen Ostergaard

SPRINT 23 is the perfect workout to test our fitness and it has the added bonuses of making us fitter before we leave the room feeling amazing from the hit of HIIT!

Man.O *forah* 😊

SPRINT 23 is a Pyramid workout. We work our way through Power, Speed, and Strength to the peak of the workout – Track 5. Then, we simply repeat Tracks 4, 3, 2, & 1. Easy huh? Well, not so much!

The Accelerated Warm-up sets the scene and prepares us for the workout. We want to be ramping up our intensity so when we roll into Track 2 we are ready to go!

Track 2 is Power Endurance, and our first pure HIIT of the class - 4 minutes of continuous training, where the focus is to keep the muscles loaded the entire time as we try to stay on the Training tempo. We aim to be on or just above 85% max intensity.

Track 3 Sprints is about turning the pedals quickly. The blocks are short, and so is the Rest.

Track 4 Strength is a continuous track which utilises changes in Position to keep us in the game while we develop leg Strength.

Over time the Sprint and Strength tracks will develop and improve Power output which means there is less focus on heart rate.

Track 5 Power Tabata is where we test our limit and Power output. Once again if our bikes track this we should be seeing the highest watts we can achieve. We work as hard as we can, and we should only be able to speak one or two words at a time. The 4x 45 second Intervals really test us.

After repeating the Sprints, Strength, and Power Endurance we encounter Track 9, the Metabolic Finisher which is almost a repeat of the Accelerated Warmup but with a completely different feel and focus. Just you wait.



CREDITS

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Chief Creative Officer – Dr. Jackie Mills

Creative Director – Dr. Jackie Mills

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Production Coordinator – Tifaine Ellis

PRESENTERS

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.

Khiran Huston (New Zealand) is a LES MILLS SPRINT, LES MILLS TONE and LES MILLS THE TRIP Trainer/Presenter, a BODYPUMP Instructor/Presenter, an RPM Trainer and a LES MILLS GRIT Coach/Presenter. She is based in Auckland and has been a Les Mills Instructor for seven years.

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. ACCELERATED WARM-UP

TRACK FOCUS

- Get everyone into the HIIT zone by using clear LPT cues

WORKOUT PLAN

1x 50 second Power with Moderate – Heavy Load

1x 40 second Power with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:05	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>Looking for a Moderate – Heavy Load, lets find the beat. We have two rounds to get warm, then we’re in it!</i>		
WORK 1				
0:49	M-H	Stand 20secs	Power	
1:11		Sit 20secs		
1:33		Stand 20secs		
1:44	REST	<i>Sit up, legs slow. Two very key physical moments in this workout today. Very soon a 4 min block of power endurance to build density into our heart and lungs. Then the peak of our pyramid, 4 x 45 second intervals working at max! Hinge from the hips, we need to get warm and we need to do it now!</i>		
WORK 2				
2:28	M-H	Stand 20secs	Power	
2:50		Sit 20secs		



01. MAKE NO SOUND 3:14 mins

TECHNIQUE AND COACHING

WORK 1

Set your class into good riding position. Set up LPT before you hit the first work phase. Hit it hard and challenge your class to work at a good intensity here.

- *Hips back in the saddle*
- *Let's find the beat, 1, 2, 1, 2*
- *Running here. Relax through your arms, chest up and body weight slightly forward*
- *Hold the load, sit your butt back in the seat. Brace your belly, chest up*
- *Time to push your heart rate up into the training zone*
- *Little shift of load short jump!*
- *That's why it's called an Accelerated Warm-up, we are getting warm fast!*

WORK 2

Shorter work effort, use Layer 2 cues to Improve Execution, then motivate and prepare them mentally for the next intensity shift of track 2.

- *Good load in your muscles to accelerate your heart rate into the training zone*
- *Big push forward, big circles*
- *20 seconds in the hot seat then its time to go guys! Let's prepare ourselves for it!*
- *Here it comes, here comes the workout and training!*

TRACK TIP

Match the energy and feel of the music by using an uplifting and encouraging voice. Because this is the first track, don't be too aggressive.



02. POWER ENDURANCE

TRACK FOCUS

- Challenge your class to work HARD by close to MAX intensity through Power efficiency.

WORKOUT PLAN

1x 210 second Power with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. This is one of those key tracks. 4 unbroken rounds of work for 4 mins. We are going to focus on power efficiency, working close to 85% of your max. Moderate – Heavy get it on, get up!		
WORK 1				
0:21 0:43	M-H	Stand 20secs Sit 20secs	Power	
WORK 2				
1:04 1:26	M-H	Stand 20secs Sit 20secs	Power	
WORK 3				
1:47 2:08	M-H	Stand 20secs Sit 20secs	Power	
WORK 4				
2:30 2:51 3:13	M-H	Stand 20secs Sit 20secs Stand 40secs	Power	



02. LET YOU GO 4:00 mins

TECHNIQUE AND COACHING

WORK 1

Set up LPT and the Workout Plan quickly in the short introduction. Set the expectation of what these Power Training blocks should feel like, so your class goes hard straight from the start. Use Layer 1 cues to find good Technique.

- *Straight off the gun, find the training on or over the beat, we want to hit minimum 75% of our max*
- *Hips are forward, chest is up and brace your core*
- *Same output seated*
- *Hips back a little or hips back a lot*
- *When we stand we are going to go for 80% maximum, the way that we do that is adding another bit of load. We're going to shoot the heart rate up!*
- *Performance zone!*

WORK 2

Continuous – no rest! Use Layer 2 Adjust Intensity cues to enhance workout feel

- *What does 80% of your max heart rate feel like? It feels like deep sting in the muscles, its hard to breathe and if you were running you probably couldn't talk*
- *Same output in the seat, once we hit a level we want to stay as close to it as we can*
- *Two more rounds*
- *You may need to pull on the handle bars a little more here, or crunch your core more?*
- *Add more load, are you ready – lets hit 85%! Get up!*

WORK 3

Continue to build those Layer 2 cues especially if you are starting to see intensity drop off. Remember you want to keep them at approximately 85% max intensity. What will you say and do to keep them there?

- *What does 85% of your maximum heart rate feel like? Deep down burn, through the legs, lungs and heart*
- *Sit - You want to hold onto that 85%*
- *Maybe you grip harder on the bars, you slide forward a little on the saddle*
- *We've got one more phase, one more kick! Ready? Stay as close to 85% as possible*

WORK 4

Final round in the track that keeps on giving! This is where you will need to bring out your best motivation and inspirational cues to get them across the line.

- *I know it's challenging, but this is what we want – this is the training effect*
- *Keep moving, movement conquers everything!*
- *Do you feel that? We feel it too*
- *Sometimes you've gotta push through to get the result you want*
- *40 seconds left*
- *Are you still in that 85% zone? Slowing down doesn't mean you're failing!*
- *You can feel it yes? It's hard to breathe*

TRACK TIP

The focus for the track is Power efficiency. How can you coach your class to be more efficient while performing this track? Is it the position on the bike? The pedal action? The use of your breath?



03. SPRINT TABATA

TRACK FOCUS

- Challenge your class to find their maximum speed and maintain it for each interval.

WORKOUT PLAN

4x 20 second Sprint with Light - Moderate Load

Music	Interval	LPT & Coaching Tips
0:00	INTRO	Explain Workout Plan. Set up Light – Moderate Load. Sprints. 4x 20 /10. Set up a Light – Moderate Load. Hips forward. Ready?!
WORK 1		
0:11	L-M	Sit 20secs Sprint
0:33	REST	Slowing, rolling. Take a check, hips foward, braced core, lifted chest. Let’s do it again!
WORK 2		
0:44	L-M	Sit 20secs Sprint
1:06	REST	Slide back. 2 out of 2, 2 to come makes 4! These are the 2 that count. Neural efficiency now!
WORK 3		
1:17	L-M	Sit 20secs Sprint
1:39	REST	REST! Last one, round 4.
WORK 4		
1:50	L-M	Sit 20secs Sprint



03. SOLSTICE IZO 2:15 mins

TECHNIQUE AND COACHING

WORK 1

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

- *Hips forward, chest up, belly braced*
- *Significantly lighter load than the last track, but significantly faster leg speed!*

WORK 2

Use Layer 2 cues to Improve execution

- *Round 2, 20 on, smack it hard again.*
- *Hips are forward to help your legs spin quicker*

WORK 3

Continue to use Layer 2 cues but this time as fatigue creeps in, use Adjust Intensity cues to keep them at their top speed.

- *Legs are working as quick as they can go, training the brain for quick small efficient pedal strokes*

WORK 3

Final Tabata, use Layer 3 cues to Motivate your class to Sprint hard to the end.

- *Can't drop off now, we've only just begun*
- *Come on, 10 seconds finish now!*

TRACK TIP

Encourage your class to execute each of the 20 second Sprint efforts as fast as they can straight away. 20 seconds is short, so you're aiming for max leg speed here. Use the speed cues to help your class execute fast. Do you remember what they are?



04. STRENGTH ENDURANCE

TRACK FOCUS

- Coach your class to use and maintan Heavy Load and tempo throughout the entire track.

WORKOUT PLAN

Coach your class to use and maintan Heavy Load and tempo throughout the entire track

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Heavy Load. Strength less cardio focus more muscular focus. We've got 3 mins , 45 / 60 & 45 seconds. We are going to prime the muscles to prepare for that second peak! Hook into the tempo. Add the Load, Heavy on!		
	WORK 1			
0:29		H	Stand 45secs	Strength
1:12			Sit 60secs	
2:09			Stand 45secs	



04. STEREOPLEIN 2:54 mins

TECHNIQUE AND COACHING

WORK 1

Use Layer 1 LPT cues to coach Strength. Once in the position, then use Layer 2 Improve Execution cues and Adjust Intensity cues. Finally, as you near the end of the track, use Layer 3 Motivational cues to inspire them to finish strong.

- *Use your body side to side, butt back, chest lifts high, bracing the core*
- *Now the big, big muscles are back in the game!*
- *Sit push your butt back, to make your legs stronger here*
- *If you want to get more powerful or stronger, train strength*
- *Lock your upper body into the bike*

TRACK TIP

Use cues that will describe how to use your body to push the Heavy Load. They are different for Standing and Seated – what cues will you use for both Standing and Seated Strength?



05. POWER TABATA

• **TRACK FOCUS**

This track is the peak of the class, you should be riding at your threshold. Use Layer 2 djust Intensity cues to check-in if they are working hard enough.

WORKOUT PLAN

4x 45 seconds Power with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips
0:00	INTRO	Explain Workout Plan. Set up M-H Load. We are at the peak of the workout now! Find your Moderate – Heavy load.
0:11	WORK 1	
	M-H	Stand 45secs Power
0:55	REST	<i>Humans need to be shaken up to transform. So we need to take it to that heart rate max, you will feel the results from this!</i>
1:12	WORK 2	
	M-H	Stand 45secs Power
1:56	REST	<i>2 down, 2 to come! Maximal effort, moderate – heavy stand up – no excuses now!</i>
2:12	WORK 3	
	M-H	Stand 45secs Power
2:56	REST	<i>1 more! This is as hard as you’re going to work today!</i>
3:13	WORK 4	
	M-H	Stand 45secs Power



05. ALCHEMY 4:01 mins

TECHNIQUE AND COACHING

WORK 1

Remind your class of the Layer 1 LPT cues to get them moving into Power again. Keep cues short and to the point.

- *Chest up, hips are forward, pushing off the handlebars*
- *Straight at that 85% max*

WORK 2 & 3

FLOOR COACHING WORK 3

Use Layer 2 cues suitable to what you are seeing in the room. Focus on correct Load, Position and Tempo. Are they using the correct Load – if they aren't they won't be moving at the correct Pace: this also means they won't be training at the correct Intensity!

- *Are you there? 85% remember what it feels like, stinging hard to breathe!*
- *Stay lifted through your chest, light on the handle bars*
- *Less load – faster pace!*
- *Option to sit and hold if you want. Keep your leg speed up.*

WORK 4

FLOOR COACHING

Motivate – motivate – motivate! This is the final block of the peak. Both you and your class should be literally gasping for air. Use lots of Layer 3 Motivational cues – remember if you're back on the bike, the way YOU are challenging yourself will Motivate your class to do the same!

- *Give everything you've got today.*

TRACK TIP

To know if you are working hard enough, you should barely be able to talk / coach. Conversation is very difficult, you should only be able to string short sentences and words together.



06. STRENGTH ENDURANCE

TRACK FOCUS

- Dial back into Strength with an initial focus on resetting prior to asking for more intensity.

WORKOUT PLAN

1x 150 second Strength with Heavy Load

Music	Interval	LPT & Coaching Tips
0:00	INTRO	Explain Workout Plan. Set up Heavy Load. Back to continuous Strength. Set up that Heavy Load, stand up let's get it!
WORK 1		
0:29	H	Stand 45secs
1:12		Sit 60secs
2:09		Stand 45secs



06. STEREOPLEIN 2:54 mins

TECHNIQUE AND COACHING

WORK 1

FLOOR COACHING after 30secs

Set up with Layer 1 cues first to get them moving into Strength on the bike then floor coach. Remember, floor coaching is about to adjusting to what you SEE in the room. Does your class need more help with Load? Or the way they are moving? Or are they riding too slow? LOOK, SEE & RESPOND

- Firm grip on the handlebars, **lifted chest**
- Every time you add load you feel the pressure increase in the legs
- If you want to get more powerful or ride faster, work on your strength!
- Seated strength – **hips back in the saddle**, increases the leverage
- More load for you, get on the right Tempo
- Use your body weight to your advantage

TRACK TIP

Because this is a continuous track, use cues that will help them be more efficient using the Heavy Load. Like the way they move side to side or pull up on the bars in Standing, or they sit their hips back on the saddle in Seated.



07. SPRINT TABATA

TRACK FOCUS

- Challenge your class to move as fast as they can for the shorter efforts while under fatigue.

WORKOUT PLAN

4 x 20 second Sprint with Light - Moderate Load

Music	Interval	LPT & Coaching Tips
0:00	INTRO	Explain Workout Plan. Set up Light – Moderate Load. Straight into speed, get it off and put on Light – Moderate Load
0:11	WORK 1	L-M Sit 20secs Sprint
0:33	REST	3 more – 20 on 10 off! Ready? Kick it!
0:44	WORK 2	L-M Sit 20secs Sprint
1:06	REST	That’s training for peak performance!
1:17	WORK 3	L-M Sit 20secs Sprint
1:39	REST	One more to go! Let’s do this!
1:50	WORK 4	L-M Sit 20secs Sprint



07. SOLSTICE IZO 2:15 mins

TECHNIQUE AND COACHING

WORK 1

Focus your class quickly into Sprints in the short transition. Use Layer 1 LPT and speed cues to move quickly

- *Fast as you can, **hips forward, toes down slightly***
- ***Brace your core***

WORK 2 & 3

FLOOR COACHING

Direct your coaching to what is happening in the room. Do you class need cues that will help with control? Or ones that'll help them move faster?

- *Speed development is athletic development*
- *Speed development creates long lean muscles*

WORK 4

FLOOR COACHING

What can you say or do to Inspire your class to train harder than the previous one

- *We know that you love speed, that's why you come to Sprint!*
- *It's all about the mindset, you can ride fast!*

TRACK TIP

Remind your class that these efforts are SHORT! It will help them get through this one knowing that its only 20 seconds of work



08. POWER ENDURANCE

TRACK FOCUS

- Coach your class to find their max intensity again in this continuous track, motivating them to get through when they are fatiguing.

WORKOUT PLAN

1x 210 second Power with Moderate – Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. 1x sub 4min Power Endurance effort using Moderate – Heavy Load		
WORK 1				
0:21		M-H	Stand 20secs	Power
0:43			Sit 20secs	
WORK 2				
1:04		M-H	Stand 20secs	Power
1:26			Sit 20secs	
WORK 3				
1:47		M-H	Stand 20secs	Power
2:08			Sit 20secs	
WORK 4				
2:30		M-H	Stand 20secs	Power
2:51			Sit 20secs	
3:13			Stand 40secs	



08. LET YOU GO 4:00 mins

TECHNIQUE AND COACHING

WORK 1 & 2

Reset Power using Layer 1 LPT cues. Then straight away bring in Layer 2 Adjust Intensity and Improve Execution cues. Technique maybe starting to go as they get tired, so remind them of what they need to do to ride well!

- *Straight away 80% max heart rate*
- **Hips forward, belly strong**
- *This is what cyclists call training in the sweet spot!*
- **Hips back in the saddle** to make the muscles more efficient, glutes, hamstrings, calves and hip flexors working together
- *Are you 85%? Close? The fact you are not able to say anything is a good sign!*

WORK 3 & 4

Keep the motivation high through these last two blocks, what will you say and do to keep them in the workout riding at the right intensity?

- *Find a position on the bike that gives you the edge – is it forward or back on the saddle?*
- *I want you to ride away on the last effort*
- *Let's get the work done team!*
- *20seconds all out!*

TRACK TIP

Use lots of motivation to keep your class in the workout and working at the right intensity!



09. METABOLIC FINISHER

TRACK FOCUS

- Bring the workout to an end with this short metabolic finisher using lots of Motivation and praise

WORKOUT PLAN

1x 50 second Power with Moderate - Heacy Load

1x 60 seconds Power with Moderate - Heavy Load

Music	Interval	LPT & Coaching Tips		
0:00	INTRO	Explain Workout Plan. Set up Moderate – Heavy Load. <i>1x 50 & 1x60second Power efforts using Moderate – Heavy Load</i>		
WORK 1				
0:23	M-H	Stand 20secs	Power	
0:45		Sit 20secs		
1:07		Stand 10secs		
REST				
1:18	REST	Rest. Sometimes feeling is more important than being through the legs, lungs, and most importantly through the heart!		
WORK 2				
1:40	M-H	Stand 20secs	Power	
2:02		Sit 20secs		
2:24		Stand 20secs		



09. MAKE NO SOUND 2:49 mins

TECHNIQUE AND COACHING

WORK 1

Coach Layer 1 LPT cues, then straight into Layer 2 cues to make sure your class is moving with good technique.

- **Hips forward, chest lifted, belly braced**
- *This is where we perform and push past where we thought we couldn't*

WORK 2

FINAL BLOCK OF THE WORKOUT!

Hit it hard to the end using Layer 3 cues. What will you say to keep your class right there till the end?

- *We train this way because we know it works*
- *We train this way because it builds fitter bodies.*
- *Without a why you won't get results, for the last 20seconds tap into your why!*
- *Be the motivation, be the fitness – be the change!*

TRACK TIP

Use lots of inspirational cueing in this final track to bring the workout to a close. What cues will you use to Motivate your class right to the end?



10. COOLDOWN

SELF CARE 3:09 mins

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 honouring 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, colour 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.

