

LES MILLS SPRINT 26

MUSIC

01. ACCELERATED WARM-UP

02. POWER ENDURANCE

03. MIXED TABATA

04. MIXED CONDITIONING

05. MIXED TABATA

06. POWER ENDURANCE

07. COOLDOWN

RELEASE FOCUS

DECLARATION OF INTENT

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MUSIC

- 01

Vibe Check (3:43)

GRiZ

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Written by: Zwiectinski
- 02

Reaction (4:39)

K Motionz feat. IC3

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Written by: Brookes, Mensah
- 03

Bust It (2:22)

Henry Fong & FOMO

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Written by: Fong, Beaupre, Bundgus
- 04

Stinger (2:26)

RL Grime & ISOxo

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Written by: Steinway, Isorena
- 05

Make Up Your Mind (5:52)

QUIX feat. Jaden Michaels

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Written by: Schnell, Michaels, Slate
- 06

Stinger (2:26)

RL Grime & ISOxo

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Written by: Steinway, Isorena
- 07

Bust It (2:23)

Henry Fong & FOMO

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Written by: Fong, Beaupre, Bundgus
- 08

Reaction (4:39)

K Motionz feat. IC3

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Written by: Brookes, Mensah
- 09

All For You (3:18)

KOLIDESCOPES & Gavin James

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Written by: Courtidis, Dare, James



SPRINT 26



L-R: Khiran Huston, Glen Ostergaard

LES MILLS SPRINT Release 26 is the perfect high-intensity training class if you are looking to improve your cardiovascular fitness and boost your power output – Max Watts Baby!

The Accelerated Warm-up gets us in our training vibe, then it's time to get to work.

Track 2 is four minutes of Power Endurance to build our aerobic capacity before we launch into a mini Strength Tabata. Now remember, Power is a function of Strength and Speed (Sprints) so both are needed to improve overall output.

The highlight track – *Make Up Your Mind* – is 3x 80-second blocks of Mixed Conditioning. Consisting of Standing Power, Seated Power, Power Sprints and Strength, we have all the training variables in one intense effort. Three of these back-to-back will improve our athletic performance in any sport of life challenge.

We reverse back through Sprint / Strength Tabata's, then finish with a four minute Power Endurance track.

Some would say this is silly, but we just say this is the perfect way to optimize your time and training. It's perfect.

Glen

CREDITS

Program Director – Glen Ostergaard
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Creative Director – Dr. Jackie Mills
Technical Consultant – Bryce Hastings
Production Coordinator – Juliet Mora

PRESENTERS

Glen Ostergaard (New Zealand) is Program Director for LES MILLS SPRINT, BODYPUMP™ and RPM™ and lives in Auckland. He is father to three children, and an avid runner, cyclist and weight lifter.

Khiran Huston (New Zealand) is a LES MILLS SPRINT, LES MILLS TONE™, LES MILLS THE TRIPT™, RPM, BODYPUMP and a LES MILLS GRIT™ Trainer/Presenter. She is a Les Mills x Stages Ambassador and on the New Zealand TAP team. Khiran is based in Auckland where she works as an Agile Coach.

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

- To prepare the class and get participants in the working zone quickly. Coach them to add slightly more Load each time they Stand.

WORKOUT PLAN

4x 25-second Power using Moderate – Heavy Load

Music	Interval	LPT and Coaching Tips		
0:05	INTRO	Set up Workout Plan: 4x rounds to accelerate the heart rate and prepare for the workout ahead. Find Moderate – Heavy Load, stand, move on or above the beat. Shift body weight forward to get the heart rate up.		
WORK 1				
0:42		M–H	Stand 25secs	Power
1:07	REST	Each time we stand we're going to dial deeper into the muscles, using Load to make this happen.		
WORK 2				
1:19		M–H	Stand 25secs	Power
1:44	REST	Two more sets! Adjust the Load to Moderate – Heavy, adding slightly more this time. It's a great workout, you're going to love this one!		
WORK 3				
2:09		M–H	Stand 25secs	Power
2:37	REST	This is the one! Dialing down, Loading up. Let's get super warm – heart rates up! Let's go get it team!		
WORK 4				
3:02		M–H	Stand 25secs	Power



01. VIBE CHECK 3:43 mins

TECHNIQUE AND COACHING

WORK 1

Use Layer 1 cues to set up your class. Start with the Track Focus and Workout Plan. Set up LPT clearly using bullet-point language.

- *Moderate to Heavy Load*
- *Stand, **chest lifted***
- *Tempo on or over the beat*
- **Core braced**

WORK 2

Build on your coaching in this interval by using Improve Execution Layer 2 cueing to help your class understand how to move better and why. Good Technique will get them activating and priming the correct muscles.

- *Push up off the handlebars to keep **hips and chest lifted***
- *Body weight forward to get the heart rate up*
- *Starting to use your body weight to move the Load*

WORK 3

Now explore more Layer 2 cues using Adjust Intensity. Describing what the class should be feeling will help them make the shift further into the workout zone.

- *Your body is starting to respond to the work*
- *Starting to pull up through your knees*
- *You can feel the pressure in the muscles*
- *Pushing through the pedals and engaging all the muscles in the legs right from the get-go!*
- *Load in the muscle drives the heart rate up*

WORK 4

Ramp up the energy in your body and voice. The class is in the working zone and ready for the workout ahead. Bring good workout vibes to this last interval.

- *It's a vibe check! It's a heart rate check!*
- *Enjoy the workout today – it's a goodie!*

TRACK TIP

Bring good energy to this track. The Accelerated Warm-up is where you set the intention for the work ahead. Connect and engage your class with the music and workout.



02. POWER ENDURANCE

TRACK FOCUS

- Set the intention and expectation for Power output. Coach your class into the optimal body position for training Power and where the Power phase is in their training.

WORKOUT PLAN

4 minutes of work – 3x continuous efforts of Power Endurance

Music	Interval	LPT and Coaching Tips		
0:00	INTRO	Set up Workout Plan: 4 minutes of work – 3 blocks. We need to get the first 20 seconds of each block, aim for over tempo. Find Moderate – Heavy Load, and stand. Training Tempo is on or over the beat, we're going over! Hips high, chest lifted.		
	WORK 1	M–H		
0:22		Stand 20secs		Power
0:44		Sit 25secs		Power
1:08		Stand 20secs		Power
1:28		M	Sit 20secs	Power
Take the edge off, reduce to Moderate in the final Sit block. We're going to focus on the Power phase – this is where maximum force is generated and maximum muscle is activated. The Power phase starts at the top of the stroke.				
	WORK 2	M–H		
1:50		Stand 20secs		Power
2:12		Sit 25secs		Power
2:37		Stand 20secs		Power
2:56		M	Sit 20secs	Power
Don't take too much load off – just enough. Focus on the downward push for maximum Power generation.				
	WORK 3	M–H		
3:18		Stand 20secs		Power
3:40		Sit 25secs		Power
4:05		Stand 20secs		Power



02. REACTION 4:39 mins

TECHNIQUE AND COACHING

WORK 1

Explain the Workout Plan and LPT using clear and precise language. This track is 4 minutes of continuous training that is coached as 3 efforts to help our participants stay in the work and at their max intensity for the full duration of the track. The 20-second Moderate Power phases are an opportunity for the class to reduce the Load but keep the legs moving.

- **Stand up**
- *The Training Tempo is on or over the beat*
- **Our hips are high, chest is lifted**
- *Sit for 25secs*
- **Brace core**
- **Push hips back**
- *Light and locked through the upper body*
- *Sit, reduce to Moderate for 20secs. Keep legs moving – we want to maintain some sort of Power output here. We are using this to lengthen the overall work interval (4 mins).*

WORK 2

Use Layer 2 Improve Execution cues to help your class move better then use Adjust Intensity cues to dial up their intensity – you want them to hit their max Power output. Coach your class to utilize the push phase for maximum force generation.

- *We know we're hitting max Power output because we're moving over tempo*
- *The focus is the push for maximum force; we use the quads and glutes the most here*
- *When we focus on the downward phases, we focus on the powerhouse of the posterior chain – the glutes. That's how we get max Power output.*
- *Can you feel it in the back of your legs?*

WORK 3

Now your class knows how to move and why, use Layer 3 to Motivate and Drive them to success. Show Athletic Performance by physically taking yourself there with your class.

- *Now we know what to do, let's work!*
- *Heart rate's up, heavy breathing. That's the body responding*
- *Put your hands up! Stand!*
- *When we work hard it creates the kind of energy no one can touch, and it feels good*

TRACK TIP

The 20sec Moderate Power phase at the end of Work 1 and 2 are moments where we can reduce Load by staying on the Training Tempo. We stay in the high Intensity zone, even though it feels easier, this keeps us energized and allows us to maximize Power output in the Moderate – Heavy Power efforts.



03. MIXED TABATA

TRACK FOCUS

- Challenge your participants to maintain the highest training output they can manage in a Strength and Sprint effort to increase their overall Power output.

WORKOUT PLAN

4x 20-second Strength using Heavy Load

4x 20-second Sprint using Light – Moderate Load

Music	Interval	LPT and Coaching Tips	
0:00	INTRO	Set up Workout Plan: Heavy Load, Standing Strength. Training Tempo is on or just under the beat. We're aiming for on on the beat. 8x efforts of Tabata. First 4x efforts are Strength. Last 4x efforts are Sprints.	
	WORK 1	H	
0:06		Stand 20secs	Strength
0:30	REST	Now we're trading off leg speed for Load – put it on Heavy and Stand.	
	WORK 2	H	
0:42		Stand 20secs	Strength
1:06	REST	Even though the Power is going to drop slightly the intention isn't.	
	WORK 3	H	
1:19		Stand 20secs	Strength
1:43	REST	When we say muscles, we mean your quads, glutes, and your hamstrings.	
	WORK 4	H	
1:55		Stand 20secs	Strength
2:20	REST	Last Strength block, then we're hitting Speed.	
	WORK 5	L–M	
0:06		Sit 20secs	Sprint
0:30	REST	Light – Moderate, maximum cadence as fast as your legs can go. Get that Power output up. To keep that Power output up we need to keep a good Load on!	
	WORK 6	L–M	
0:43		Sit 20secs	Sprint
1:08	REST	We're trading Load for Speed. To keep Power output high, we need to go fast.	
	WORK 7	L–M	
1:21		Sit 20secs	Sprint
1:45	REST	The Rest phase is just as important as the Work phase. The Rest sets us up for the Work. Your maximum Speed. Hips are strong in the seat.	
	WORK 8	L–M	
1:58		Sit 20secs	Sprint
	REST	Final Rest before our last set! Maximize our output for all the tracks.	



03. BUST IT / STINGER 4:48 mins

TECHNIQUE AND COACHING

WORK 1

This one comes in fast with only 6 seconds to intro before the work begins. Quickly set up LPT using clear and concise language and then explain the Workout Plan once your class is moving.

- *Tabata 20secs on, 10secs off*
- *Strength*
- *Heavy*
- *Stand*
- *8 rounds of Tabata. First 4 are Strength, second 4 are Speed*

WORK 2 AND 3

In these 2 intervals coach your participants to find their maximum Load to get the training benefits. Use Layer 2 Improve Execution and Adjust Intensity cueing to help them get the optimal body Position for Strength and using correct Heavy Load.

- *We want to push the Heaviest Load we can, **hips back***
- *This is the kind of set where you want to use all your body weight to push this Load*
- *2 down, 2 to go*
- *When we say "muscle it" we mean your quads and your glutes*
- *Can you feel those big powerful muscles burning, fighting?*

WORK 4

Last Strength interval before your class moves into Sprints. Use Layer 3 Motivate cueing to Drive them to finish the last Strength effort strongly.

- *Can you feel it?*
- *Stay with us!*

WORK 5

Now we shift to Sprints. Use LPT cues to set up the new training variable.

- *Light to Moderate*
- *Hips forward, dip toes*
- *Fast fast fast*

WORK 6 AND 7

Encourage your class to keep up their Power output by chasing the Training Tempo in these 2 Sprints. Use Layer 2 cues to get the best out of your participants.

- *As fast as you can move*
- *Even though we're trading Load for leg speed we can keep that Power output high, that physical output high*
- *Fast circles*
- *Your maximum speed*
- *Hips are strong*
- *Crunching the core down to stay still in the seat*

WORK 8

Final Tabata interval; now is the time to show Athletic Performance by physically taking yourself there. Drive your class to finish fast with you!

- *Trying to maximize our physical intensity*
- *Got to stay mindful, stay in the game, stay in the workout*
- *Get your Power from the powerhouse – your glutes!*



04. MIXED CONDITIONING

TRACK FOCUS

- This is a defining track. Challenge your class to max out in the first 20 seconds of each set and then Educate and Motivate them to hit the top end of each training format.

WORKOUT PLAN

3x 80-second efforts of Mixed Conditioning. 40 seconds Power using Moderate – Heavy Load. 20 seconds Power Sprints using Moderate Load, and 20 seconds Strength using Heavy Load.

Music	Interval	LPT and Coaching Tips		
0:00	INTRO	Set up Workout Plan: 3x 80 seconds of Mixed Conditioning. Find a Moderate – Heavy Load. On the first 20 seconds, go as hard as you can.		
WORK 1				
0:22		M–H	Stand 20secs	Power
0:44		M–H	Sit 20 secs	Power
1:06		M	Sit 20 secs	Power Sprints
1:27		H	Sit 20 secs	Strength
1:49	REST	Well done! The first 20 seconds is your opportunity to hit maximum Power output, and that starts with mindset. Believe us when we say we're with you!		
FLOOR COACHING				
WORK 2				
2:22		M–H	Stand 20secs	Power
2:43		M–H	Sit 20secs	Power
3:05		M	Sit 20secs	Power Sprints
3:27		H	Sit 20secs	Strength
3:48	REST	Last 80 seconds! It's your last chance to really maximize your output – raise your physical intensity across all forms of training: Power, Sprint, and Strength. Let's go!		
BACK ON BIKE				
WORK 3				
4:19		M–H	Stand 20secs	Power
4:43		M–H	Sit 20secs	Power
5:04		M	Sit 20secs	Power Sprints
5:26		H	Sit 20secs	Strength



04. MAKE UP YOUR MIND 5:52 mins

TECHNIQUE AND COACHING

WORK 1

Set the expectation for the work ahead: “this is the defining track”. You want your class to train the first 20 seconds as hard as they can go. Set up clear LPT before the work begins, use a Conversational Voice and simple language to do this, then when the interval starts, use vocal contrast to shift into your Intense Voice, matching the intensity in the work effort and music.

- *First 20 seconds, max output!*
- *Get the hard one out of the way first*
- *Sit 20seconds, POWER*
- *Grip the handlebars, drive the pedal forward and down*
- *I’m in the red zone right now*
- *Reduce to Moderate*
- *Speed, Sprint, Sprint, Sprint!*
- *Make up your mind – in or out*

WORK 2

FLOOR COACHING

We floor coach to Adjust Intensity and Motivate our participants to stay in the Training zone, especially when it gets tough and we know at this point of the class, in this set, it’s tough! Floor-coaching is such a powerful tool when you do it with a purpose.

- *Mindset is everything – what you focus on manifests and multiples into something that can help you or something that can hinder you. Know this: believe us when we say we’re with you!*
- *Max power output*
- *You’ve got to do this for you today and we’re right behind you.*
- *The intention is Building and adding Power to your overall work capacity*
- *Nowhere to hide*
- *It’s a choice to stay with us – make up your mind*
- *More powerful in the seat*

WORK 3

BACK ON BIKE

Your class is fatigued. Motivate, Drive and remind your class what it means to train HIIT. How HIIT feels and why we train like this.

- *Last 80 seconds*
- *It’s your chance to really maximize your output*
- *Opportunity to raise the average level of your physical intensity across all forms of training – Power, Strength, Sprint.*
- *Too hot to handle*
- *Difficult to talk now*
- *Hard to breathe now*
- *We’re not losing ground, we’re gaining or maintaining*
- *Push through the full circle – glutes, quads, calves, hamstrings*

TRACK TIP

This track is physically demanding. Your participants will need your help to hit their maximum Power output in the first 20 seconds of each set to ensure they get the training and hit top intensity in this “defining track”. Be sure to clearly coach Moderate Load for the Power Sprints – the intention is to Sprint but the Load and fatigue participants are experiencing should not allow for a Sprint tempo. Time reference cues are crucial in this track to help get them across the finish line.



05. MIXED TABATA

TRACK FOCUS

- Drive your participants to hit maximum output for their training in this last Tabata set.

WORKOUT PLAN

8x 20-second Mixed Tabata. First 4x efforts are Sprints using a Light – Moderate Load. Last 4x efforts are Strength using a Heavy Load.

Music	Interval	LPT and Coaching Tips		
0:00	INTRO	Set up Workout Plan: Sprints! 20 on, 10 off, Light – Moderate Load. Hips forward, toes down. Move fast!		
WORK 1				
0:06		L–M	Sit 20secs	Sprint
0:30	REST	Three more Sprints and then you have Strength.		
WORK 2				
0:43		L–M	Sit 20secs	Sprint
1:08	REST	We've got two more and we're trading off Load for leg speed – that's how we maintain Power output.		
WORK 3				
1:21		L–M	Sit 20secs	Sprint
1:45	REST	You're 20 seconds away from your last Sprint phase of the class! Train with us!		
WORK 4				
1:58		L–M	Sit 20secs	Sprint
2:23	REST	Heavy Load, Strength. This is the Strength part of Tabata!		
WORK 5				
0:06		H	Stand 20secs	Strength
0:30	REST	Add more Load. Every round, add more Load! Body weight forward, and push!		
WORK 6				
0:42		H	Stand 20secs	Strength
1:06	REST	More Load – add another 'weight plate' to your 'barbell'!		
WORK 7				
1:19		H	Stand 20secs	Strength
1:43	REST	Your Power output should have dropped.		
WORK 8				
1:55		H	Stand 20secs	Strength



05. STINGER / BUST IT 4:45 mins

TECHNIQUE AND COACHING

WORK 1 AND 2

Quickly reset LPT, keep it short and to the point. Your class has trained Sprints before in the first Tabata; your focus is to get them back onto the Training Tempo as quickly as possible.

- *Tabata! 20 on 10 off, Light – Moderate Load Sprint*
- *What are you waiting for!*
- *Move your legs really quickly*

WORK 2 AND 3

In these 2 sets focus on moving more efficiently to get the intensity. Use Layer 2 cues to bring out your participants' inner athlete.

- *3 more of those*
- *We know that optimal Power happens in the push phase, so as soon as you push one foot down, quickly switch the push to the other side*
- *We don't want you to waste any energy here – don't worry about the pull, focus on the push*
- *Can you feel the push here and can you feel which muscles are working*
- *We're trading off Load for leg speed – that's how we add Power to the overall class Power output*

WORK 4

Last Sprint effort for the entire class. Dial up your athleticism to Motivate your participants to dig deeper in this last Sprint set.

- *It's never too late to start anything. So what if you fall off the speed? Dust yourself off and get back on it.*
- *You need this movement today*

WORK 5

Just like Work 1, quick LPT set-up and then role-model the Training variable using authentic Load and leg speed.

- *Heavy Load, Standing Strength*
- *Strong grip, big push*
- *Get your body weight behind the pedal*

WORK 6 AND 7

In these 2 efforts, tap into your Performance heart – it's what you love about HIIT and training Sprint. Use this to Motivate your class to stay in the Training. Use Layer 3 cueing.

- *What I love about this is the pull as well, not just the push to get the full muscle activation on*
- *More Load, Heavy! It's like you're adding another plate to your barbell*
- *Now it's getting heavy, start to use your core more*
- *Strong brace down – not a crunch down, a brace down*

WORK 8

Your class will go there if you go there with them. Be Authentic with the Load and training. This last set is all about Athletic Performance.

- *Now we're going to really test your fitness*
- *Now your Power output shouldn't drop if you have Heavy Load*

TRACK TIP

We flip the training in this Tabata and start with Sprints and end with Strength. Because your class has done this set before, dial up the Motivational cueing.

LOOK, SEE and RESPOND to what your participants need.



06. POWER ENDURANCE

TRACK FOCUS

- Show Athletic performance in this track. Motivate and Drive your class to the finish line.

WORKOUT PLAN

4 minutes of work – 3x continuous efforts of Power Endurance using Moderate – Heavy Load.

Music	Interval	LPT AND Coaching Tips		
0:00	INTRO	Set up Workout Plan: Moderate – Heavy Load. 3 rounds in 4 minutes. Stand, Sit, Stand. Let's go! Hips forward, chest up.		
WORK 1				
0:22		M–H	Stand 20secs	Power
0:44		M–H	Sit 25secs	Power
1:08		M–H	Stand 20secs	Power
1:28		M	Sit 20secs	Power
Back up, roll through – 2 to go. Focus now – as you fatigue think about your position.				
WORK 2				
1:50		M–H	Stand 20secs	Power
2:12		M–H	Sit 25secs	Power
2:37		M–H	Stand 20secs	Power
2:56		M	Sit 20secs	Power
Final effort. Lay it all on the line for this one. This is what we train for! This is where the Conditioning comes in. This is where the athlete in us takes control.				
WORK 3				
3:18		M–H	Stand 20secs	Power
3:40		M–H	Sit 25secs	Power
4:05		M–H	Stand 20secs	Power



06. REACTION 4:39 mins

TECHNIQUE AND COACHING

WORK 1

Last working track of the class. Remind your class of the Workout Plan: “this is 3 rounds in 4 minutes”. Now we’ve been here before in Track 2 but this one will feel completely different. Bring energy through your voice and intention in your cueing. Once LPT is set up move straight into Layer 2 cues to get your class moving with great technique to get the Training.

- *Final 4 minutes of the class*
- *You can get a little crazy here*
- *If you start to fatigue, think about your position – soft arms, relaxed grip, **hips forward***
- *It's harder to hold tempo in the seat so more core engaged*
- *Little respite, back up, keep moving*
- *We are using this to lengthen the overall work interval (4 mins)*

WORK 2

The best way to Motivate and show Intensity is to be an athlete. When you 'be' the role model and physically take yourself there, intensity is then demonstrated by using Silence. Keep cueing to a minimum and let the music and training take over.

- *Don't drop off*
- *Use your quads in the seat, powerful muscles*
- *Sit, back off final effort, lay it on the line for this next one*

WORK 3

Layer 3 cueing to get your class through this final effort. What will you say to get your class to the end

- *This is what we train for!*
- *This is where the athletes take control*
- *This is where the conditioning comes out*
- *Hips, glutes and quads – the power muscles*
- *Push it, finish it*

TRACK TIP

Don't be afraid to take yourself there, even if this means you go SILENT! The effort you demonstrate will inspire your class to fight through fatigue and finish the track with you.

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07. COOLDOWN

ALL FOR YOU 3:18mins

WORKOUT PLAN

Move the legs at any tempo for 2 minutes.
Use the Cooldown to celebrate the Work and effort of the class.
Stretch out the quads, glutes and hamstrings off the bike.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press.

We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue – (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective – (“make that bar fly”) creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue (“squeeze the chest”) in a Chest Press followed by (“try and bend the bar”) – both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice - Good luck!



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 others, and we aim to traverse these delicate 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 out 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

