

LES MILLS SPRINT **29**

MUSIC

01. ACCELERATED WARM-UP

02. HEAVY POWER

03. SPEED ENDURANCE

04. RUNNING

05. STRENGTH ENDURANCE

06. POWER

07. COOLDOWN

DECLARATION OF INTENT

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MUSIC

- INTRO

Justafeelin (4:30)

TWOGOOD

© 2020 twogood.

Written by: Rhodes, Mitchell, Brodrick
- 01

Pick Up (5:03)

Nice Enough

Courtesy of Les Mills Music Licensing Ltd.

Written by: Blackwood
- 02

Keep On (4:11)

Pop Surname

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Written by: R. Wild, S. Wild
- 03

You Make Me Want To Live (4:52)

Nice Enough

Courtesy of Les Mills Music Licensing Ltd.

Written by: Blackwood
- 04

INTHEENDITSYOU (3:24)

DJ Ride

© 2021 Sable Valley Records.

Written by: Oliveira
- 05

The Gaze (5:57)

Nice Enough

Courtesy of Les Mills Music Licensing Ltd.

Written by: Blackwood
- 06

On A Mountain (4:18)

Danny L Harle & DJ Danny

© 2021 Mad Decent.

Written by: Harle, Mirzazadeh
- 07

CHA CHA (4:13)

Little Fritter

© 2020 etcetc Music Pty Ltd.

Written by: Dignum



RELEASE SUMMARY



L-R: Khiran Huston, Glen Ostergaard, Emma Alcock

In many ways the workout for LES MILLS SPRINT Release 29 is super intense but it's the music, the amazing music, that defines this release.

We have introduced a walk in track, and when you hear it you will love it. The vibe is cool and smooth, and while participants set themselves up the anticipation will build towards the Accelerated Warm-up.

From there, our workout experience is enhanced by the music and the beat. Our goal is to find the right Load, the right pressure, and then it's about holding the beat as long as we can!

As we've always said we are not a prisoner to the beat, however, we can guarantee the use of the beat, and the challenge of holding it, elevates this workout.

Ok. Let's discuss the workout.

The uplifting and enticing Accelerated Warm-up drops and it feels different, with two long efforts of Strength and Power. We are ready.

Next comes Heavy Power with 3x 40-second efforts that take a toll on the legs and get the heart pounding.

Speed Endurance follows, along with the new Sprint challenges of holding the beat and hitting the surges. We definitely feel the adrenaline in this one.

The second half of the class gets serious.

Firstly, the Standing Power runs focus on an uprightbody position with lots of core control and light hands, as we move like we're running up a set of stairs.

Secondly, the Heavy Strength builds and sustains musclepressure before a short sharp Power phase to finish.

A complete workout that sounds fresh and moves your fitness into another stratosphere.

SPRINT 29 TEAM



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 Trainer/Presenter/Les Mills Ambassador for LES MILLS SPRINT, a Creative/Trainer/Presenter/Les Mills Ambassador for LES MILLS TONE™, LES MILLS THE TRIP™, LES MILLS GRIT™, BODYPUMP and RPM and a Les Mills Ambassador for BODYBALANCE. She works as Group Fitness Project Manager at Les Mills International in Auckland.

Emma Alcock (New Zealand) is a LES MILLS SPRINT Trainer/Presenter/Instructor and a BODYATTACK™ Presenter/Instructor. She lives in Dunedin.

Thanks to **Adam Rigby**

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.

FLOOR-COACHING: SAFETY TIPS

To ensure everyone's safety during Floor Coaching, we suggest the following tips be considered:

1. Use of non-slip cycle shoes 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

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Production Coordinator – Juliet Mora



01. ACCELERATED WARM-UP

TRACK FOCUS

- Clearly and concisely coach PLT throughout the various Position, Load, & Tempo shifts.

WORKOUT PLAN

1x 50 second Strength with Heavy Load

1x 180 second Mixed Training using all Training Variables

Music	Interval	PLT and Coaching Tips		
	INTRO	<i>Set up PLT and Layer 1 cues to get your participants moving on the correct Tempo and feeling the correct pressure in the muscles right from the start.</i>		
		<i>"Our Accelerated Warm-up is super accelerated today! We're going to build Load and Tempo to increase the pressure and increase the heart rate."</i>		
WORK 1				
0:32		H	Sit 25secs	Strength
0:59		H	Stand 25secs	Strength
2:40	REST	<i>Final one! Body weight forward, push forward and down; we're using our glutes, quads and hamstrings in unison.</i>		
WORK 2				
1:53		H	Stand 70secs	Strength
3:01		H	Sit 25secs	Strength
3:28		H	Stand 15secs	Strength
3:42		H	Stand 60secs	Strength Power
4:36		L-M	Sit 30secs	Sprint



01. PICK UP 5:03mins

TECHNIQUE AND COACHING

WORK 1

Our Accelerated Warm-up is longer and has a different feel to what the class may be familiar with. Set up PLT and use the longer lead time into the start of the Work Interval to create context.

- *Let's get training!*
- *We've got a different kind of SPRINT release for you today; it's all about the feel and the music*
- *Our accelerated Accelerated Warm-up is SUPER accelerated*
- *Heavy Load, Stand*
- **Lift the chest and lock the core**
- *Feel the Heavy pressure right from the 'get-go'*

WORK 2

Rest is short and Set 2 is longer. The longer interval enables the increased cardio response. Coach your participants to hold their Strength Load and challenge themselves by aiming for Power Tempo.

- *More Load, push down on the pressure. Find the Tempo*
- *Hips slightly forward*
- *You can be on Tempo or slightly ahead, whatever works for you*
- *Heart rate starting to lift*
- *Sit, **relax shoulders, lift chest, brace core***
- *60 secs, push down on the pressure!*
- **Stay lifted, lift your chest**
- *Change up the muscle recruitment as we Sit, back down to Light to Moderate Load – 30 secs*

TRACK TIP

The Accelerated Warm-up is where we set the intention for the training ahead and Release 29 has an epic music playlist. Set your class up for success by clearly coaching PLT and then get them pumped up for the incredible workout sets to come. The sound of this release is fresh and modern, you class will be inspired to push their max effort for the next 30 minutes.



02. HEAVY POWER

TRACK FOCUS

- Set the expectation of Heavy Load while training a Power Tempo. The Heavy Power Load, combined with the faster Power Tempo, is how our class will accelerate their fitness.

WORKOUT PLAN

3x 40-second Power sets using Moderate to Heavy Load

NOTE

WORK 1 starts with a 30-second pre-load to set Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	3x 40-second Heavy Power efforts. Sit, find Tempo. Our focus is to find that Heavy Power Load.		
WORK 1				
0:15		H	Stand 30secs	Strength
0:44		H	Stand 40secs	Power
1:27	REST	Ease up! REST! Repeat. Heavy Load. Focus on grip, focus on core, focus on body-weight shift.		
WORK 2				
1:57		H	Stand 40secs	Power
2:40	REST	Final one! Body weight forward, push forward and down; we're using our glutes, quads and hamstrings in unison.		
WORK 3				
3:09		H	Stand 40secs	Power
3:53		H	Sit 15secs	Strength



02. KEEP ON 4:11mins

TECHNIQUE AND COACHING

WORK 1

Set 1 has a short lead time before the work starts so set up PLT to get your class working quickly. Use Layer 1 coaching to help your class find a Heavy Load to train a Power Tempo; this is where the intensity and training is.

- 3 rounds
- 40 secs on, 20 secs off – Power
- Find a Heavy Load
- Super Heavy Power
- **Hips forward, relaxed grip on the handlebars**
- **Our chest is lifted, core braced**

WORK 2

Now we want to help our class understand how to correctly manage their Heavy Load training on a Power Tempo. This is going to be a real challenge for your participants. Use Layer 2 Improve Execution and Manage Intensity cueing to achieve this.

- Heavier Load, push down on pedal
- Focus on core and using your body weight
- Body weight shifts forward but **chest is lifted**
- This feels difficult and uncomfortable
- **Brace belly**
- Pull handlebars towards your hips

WORK 3

Now your class understands what the training variables feel like, use Layer 2 cues on the how and why training benefits them and try exploring Layer 3 Motivation cues to keep them in the Training zone.

- Final one!
- Body weight forward
- glutes, quads, hamstrings, calf muscles are all working in unison
- Last kick!
- Sit to hold, steady to the end
- Butt back in the seat – push forward and down
- Right to the end!

TRACK TIP

Track 2 takes your class straight to the HIIT zone. Your participants know the feeling of HIIT, so by using the 'familiar feel' as your anchor for coaching, this tough set will help your class feel motivated to take the challenge of training Power using a heavier Load.



03. SPEED ENDURANCE

TRACK FOCUS

- Explain why we are Sprinting for longer intervals. This track is about increasing muscular fatigue to improve muscular capacity for Sprints. Coach correct Load management to get the training effect.

WORKOUT PLAN

2x 100-second Sprint sets using Light to Moderate Load

NOTE

When we Sprint, we move on the beat and when we Sprint Surge, we attempt to move above the beat

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	2 blocks of Sprints, 100 secs each. Our goal is to stay on Tempo the entire time. Light to Moderate Load, closer to Moderate. Light pressure in the muscles to connect us to the Tempo.		
0:15	WORK 1	L-M	Sit 70secs	Sprint
1:27		L-M	Sit 2secs	8 Short Surges Sprint Surge Sprint
		L-M	Sit 2secs	
1:58		REST	One down, one to go! Round 2, 2 minutes! We're training our bodies to stay fast in Sprints while near our max Tempo. We're doing it because we know it works!	
2:30	WORK 2	L-M	Sit 15secs	Sprint
2:45		L-M	Sit 4secs	6x Long Surges Sprint Surge Sprint
		L-M	Sit 4secs	
3:32		L-M	Sit 2secs	8x Short Surges Sprint Surge Sprint
	L-M	Sit 2secs		
4:03		L-M	Sit 30secs	Sprint Surge



03. YOU MAKE ME WANT TO LIVE 4:52mins

TECHNIQUE AND COACHING

WORK 1

Extended Sprints – use simple and concise PLT cueing to set up your class for the training. Provide a simple overview of the work set by using a time reference and then use Layer 1 cues to help your class find and move on the correct Tempo and Load.

- *2 rounds of Speed Endurance – the goal is to stay on Tempo the whole time*
- *Light to Moderate Load, closer to Moderate*
- ***Strong brace of the core, hips come forward***
- *Firm pressure in the muscles to connect us to the Tempo*
- *This one's going to surprise you so get excited!*
- *Embracing fatigue to get fitter*
- *8 surges, 3 secs over Tempo, 3 secs on Tempo*

WORK 2

Let's use the power of Silence here. Give your class an opportunity to apply Layer 2 coaching from the previous set. This gives you an opportunity to assess the room.

- *Awesome job!*
- *Round 2 – 2 minutes!*
- *We're training our body to move fast*
- *Quick legs*
- *Can you give 1 percent more?*
- *Tight core to help control the legs*
- *Muscular endurance and resilience, testing our body to fight fatigue*
- *It feels different, right? But different is good. We evolve with trying different things but everything we love about SPRINT is still here; The feeling and the challenge!*
- *Go! See how fast you can go!*
- *15 secs!*

TRACK TIP

We have a threshold training approach to our Sprint set in this release – we're training speed endurance. Time references are key to keeping our team motivated to find their Speed tipping point.



04. RUNNING

TRACK FOCUS

- The emphasis in this track is Tempo. We are pushing for maximum Power Tempo for peak training. Use simple language to reconnect your class with Power Load taught in Track 2, then focus on coaching the Training Tempo.

WORKOUT PLAN

2x 60-second Power efforts using Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	2 rounds, 60 seconds on, 30 seconds off. Moderate to Heavy Load – something you can balance on but it doesn't slow you down. We're running, aiming for maximum intensity, peak Power! Let's run; explode over the Tempo.		
WORK 1				
0:27		M–H	Stand 20secs	Power
0:48		M–H	Sit 20secs	Power
1:10		M–H	Stand 20secs	Power
1:32	REST	Rest. How is the heart rate? With this Load and this Speed, maximum output is right here! Stand, let's go!		
WORK 2				
1:53		M–H	Stand 20secs	Power
2:15		M–H	Sit 20secs	Power
2:37		M–H	Stand 20secs	Power



04. INTHEENDITSYOU 3:24mins

TECHNIQUE AND COACHING

WORK 1

We train Power and we're focusing on moving at the top end of our Power Training Tempo. Use Layer 1 cues to get your class moving and then straight into Layer 2 cues to get your class moving with optimal execution on the bike.

OPTIONAL: FLOOR COACHING

- *Moderate to Heavy Load*
- *Running over Tempo, max intensity*
- *Peak Power*
- *Explode over the Tempo*
- ***Bracing the core tightly***
- *Tight core for stability to increase the intensity*
- *Sit, Tempo!*
- *Strong push down to recruit more muscles so you can hold the Tempo*
- *Like you're running up a hill, **chest lifted***
- *Just go!*

WORK 2

Last set and you're bringing in your best Layer 3 Motivate cues to keep your class in the Training zone. Use the Track Focus and link it to your motivation so your participants get the optimal cues to help them finish the set to their very best ability.

- *How's the heart rate – at this Load, this Speed? Maximum output right here*
- *Stand up, go!*
- *Like you're Sprinting, chest lifted*
- *Sit. Imagine this is the last track. How much energy would you give right now?*
- *20 secs – jump!*
- *Peak heart rate, peak fitness*
- *You can do it!*
- *Go!*

OPTIONAL: IF FLOOR-COACHING, GET BACK ON BIKE

TRACK TIP

The Tempo is fast and Load management is key in this track. A common fault will be to go too light to hit the leg speed, so think about cues around muscular feel and the training response when you correctly train Power Load and top-end Power Tempo.



05. STRENGTH ENDURANCE

TRACK FOCUS

- Longer Strength Intervals to increase our Strength capacity – helping our class understand what Strength Load feels like and how we refine it over a longer duration.

WORKOUT PLAN

1x 280-second Strength efforts using Heavy Load

1x 180-second Strength Power efforts using Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	<i>Sit, Strength – find the Tempo, first 280 seconds. We use the first 1min to find our true Strength Load. Then for the rest of the set we really work Strength – we use repeated increases in Load to maximize the Strength effect.</i>		
WORK 1				
0:00		H	Sit 60secs	Strength
1:00		H	Stand 75secs	Strength
2:14		H	Sit 15secs	Strength
2:27		H	Stand 15secs	Strength
2:42		H	Sit 15secs	Strength
2:57		H	Stand 30secs	Strength
3:27	REST	<i>Rest. Next kick. Same Load but we challenge the Tempo. Top-end Strength Power with this Heavy Load to accelerate our fitness and our Strength. We're in – are you in?</i>		
WORK 2				
3:56		H	Stand 30secs	Strength Power
4:25		H	Sit 15secs	Strength Power
4:40		H	Stand 15secs	Strength Power
4:58		H	Sit 15secs	Strength Power
5:14		H	Stand 40secs	Strength Power



05. THE GAZE 5:57mins

TECHNIQUE AND COACHING

WORK 1

Extended Intervals in Strength today. Use PLT to help participants get into the work immediately. Use Layer 1 cueing to set up a strong foundation for Strength Training and then start using Layer 2 Improve Execution and Manage Intensity cueing to achieve top-end Strength Training. Incorporate Silence in between cues to help your class apply Layer 2 cues.

- *Find the Tempo*
- *Block 1, 280 secs*
- *First minute we're going to find our Heavy Strength Load*
- *This is not a one time turn – we're exploring here*
- *Get up*
- **Chest lifted, core braced**
- *It's something new but very familiar. We still use Strength Load on a Strength Tempo but we put it to the test*
- *30 secs away from our next kick*
- *Discover more Load here, Strength Load that challenges us to hold Tempo*
- *Sit and challenge yourself to hold Tempo*
- **Hips back, chest lifted**
- *Think of this set like an elastic band, stretching and finding the tipping point. We're not going to break it but we're definitely going to put it to the test*
- *We know we're our strongest when we push our hips back in the seat*
- *We're getting stronger*

WORK 2

Look out and assess what your class needs here – is it Silence and the feel of the music to get them through or is it to Motivate? Do you need to Inspire by being an athlete on the bike? Connection with the people in front of you is key in these 2 sets.

- *Stand up – let's go!*
- *Can you challenge the Tempo?*
- *Sit*
- *One unit of movement, keep consistent – that's why it's challenging*
- *We've got to go above and beyond*
- *Strength is from within*
- *Run it!*
- *Stay with us*
- *Rest!*

TRACK TIP

The Accelerated Warm-up is where we set the intention for the training ahead and Release 29 has an epic music playlist. Set your class up for success by clearly coaching PLT and then get them pumped up for the incredible workout sets to come. The sound of this release is fresh and modern, your class will be inspired to push their max effort for the next 30 minutes.



06. POWER

TRACK FOCUS

- Set the expectation of Load and Tempo in the extended Track Introduction time. This finisher is the final opportunity for your class to find their top end max Power output.

WORKOUT PLAN

1x 45-second Power efforts using Moderate to Heavy Load

1x 35-second Power efforts using Moderate to Heavy Load

1x 40-second Power efforts using Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	3x Power sets that vary in time. We're going to find the sweet spot with Power; that means that right leg speed and Load. Stand, Moderate to Heavy. Go!		
WORK 1				
0:39		M-H	Stand 45secs	Power
1:26	REST	Rest. One down, two to go. This set is shorter – we're going to build into it and then we go. Start to move with us.		
WORK 2				
2:09		M-H	Stand 35secs	Power
2:45	REST	One more! The sweet spot – this is the last working set of the class. Load on, stand.		
WORK 3				
3:26		M-H	Stand 40secs	Power
4:03	REST			



06. ON A MOUNTAIN 4:18mins

TECHNIQUE AND COACHING

WORK 1

Last track, our Power Finisher. Set up PLT to get the class in the work and then Layer 2 cues to maximize the work and Layer 3 to keep them in the work for the full sets duration.

- *This is the one!*
- *Stand up, start to find the Power Load – let's go!*
- *Pumping knees up, **chest is lifted, core is tight***

WORK 2

Shorter Interval and Rest facilitates top-end Power Training. This is a great opportunity for you to use Silence as a motivator and showcase athleticism on the bike. The music enables this.

- *Shorter set – build into the work*
- *Start to get excited – run it*
- *It all comes from the core. We know when the core is on, we've got balance and when we're balanced, we're coordinated and we can drive our knees up like pistons and hit the Tempo and get fitter!*

WORK 3

Last set and the class will go with you physically if you take them there. Role-model what HIIT training looks like and help your participants to become their version of the ultimate athlete.

- *40 secs! We are with you! Running*
- *Sometimes you gotta do something different to get the results you're not currently getting and yeah it's uncomfortable and yeah it's scary and that's OK. But this music, this feeling, will get you there*
- *Take the results you absolutely deserve*
- *Ruuuunnn!*

TRACK TIP

The varied sets in the track give you a great opportunity to utilize Silence and role-model athleticism. Knowing your music really well will enable you to nail the varied time blocks for each set.



07. COOLDOWN

CHA CHA 4:13mins

WORKOUT PLAN

Celebrate with your class, acknowledging their efforts today and then encourage them to roll out on the bike using Tempo and Load that facilitates recovery for 1–2 minutes. Include off-the-bike stretches. Stretching should include quads, glutes and hamstrings. Keep the Cooldown light and positive.



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 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.

