

LES MILLS SPRINT

30

MUSIC

01. WARM-UP

02. STRENGTH POWER

03. SPEED ENDURANCE

04. RUNNING

05. STRENGTH ENDURANCE

06. MIXED POWER

07. COOLDOWN

DECLARATION OF INTENT

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MUSIC

INTRO

Stay Out All Night (7:39)
Radio Slave
© 2020 Rekids Ltd. Licensed courtesy of Rekids.
Written by: Edwards

01

Raw (4:19)
Kink
© 2019 Running Back.
Written by: Velchev

02

Tribunal (4:13)
Kessler
© 2021 Club Glow.
Written by: Kennedy

03

Under The Sun (5:11)
Special Attack!
© 2022 Les Mills Music Licensing Ltd.
Written by: Ashford, Simpson, McGregor

04

Wish You Were Here (5:15)
High Contrast
© 2012 Highly Contrasting.
Written by: Hardin, Barrett

05

Tesla (5:17)
Corvad
© 2018 Square Rivoi Publishing.
Written by: Prokhorov

06

Fly Away (4:51)
Urbandawn
© 2021 Hospital Records Limited.
Written by: Endi

07

Both Of Us (3:49)
Jayda G
© 2020 Ninja Tune.
Written by: Guy, Gibson



SPRINT 30 RELEASE SUMMARY



L-R: Khiran Huston, Laura Johnson, Glen Ostergaard, Tommi Wong, Dee Rowell

SPRINT 30 is a new installment of muscially driven, powerful training – the best that the indoor bike world has to offer!

The heavy beat kicks in on *Raw*, and we find Heavy Load to build muscular pressure, and when it drops the heart rate lifts in an instant.

Our next big sound also has us dealing with Heavy Load for long efforts – this is Strength Power Training. This is about finding the right Load and pushing hard. This is THAT track. Intensity is unmistakable.

Pumping SPRINT work brings us back to earth. We move in, on, and around the beat with beautiful, driving, and uplifting efforts of Power Endurance.

Slow, Heavy Strength builds density into our workout before we fly away home with the Power finisher.

This class is a mixture of sounds that trains our bodies to work hard – reaping the rewards of high intensity interval training (HIIT)!

Enjoy,
Glen and the SPRINT 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™/BODYFLOW®. She works as Group Fitness Project Manager at Les Mills International in Auckland.

Dee Rowell (Australia) is a LES MILLS SPRINT, LES MILLS TONE, RPM and BODYSTEP™ Presenter and a Les Mills Ambassador. She is a Registered Nurse and is based in Brisbane.

Tommi Wong (New Zealand) is a LES MILLS SPRINT, RPM and a LES MILLS THE TRIP Instructor. She lives in Auckland.

Laura Johnson (New Zealand) is LES MILLS SPRINT, RPM and a LES MILLS THE TRIP Instructor. She lives in Auckland.

Thanks to **Adam Rigby**

TEACHING THIS RELEASE

Mixing and Matching

We do not allow mixing and matching of LES MILLS SPRINT workouts due to the unique nature of each release – particularly the specific combination and duration of the Work and Rest Intervals used to achieve the HIIT benefits.

To ensure continuity and flow in each workout, we push play and go!

We also suggest you use recent releases to keep you and your participants up to date with new training concepts, and occasionally throwback to an older release.

RELEASE FEEDBACK

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

CREDITS

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Chief Creative Officer – Dr. Jackie Mills

Creative Director – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Production Coordinator – Juliet Mora

FLOOR-COACHING: SAFETY TIPS

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

1. Use 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.



01. WARM-UP

TRACK FOCUS

- Coach clear PLT set-up. Help your class understand the accumulation of Intensity and the track progression.

WORKOUT PLAN

1x 4-minute Strength and Strength Power efforts using Heavy Load

Music	Interval	PLT and Coaching Tips
0:05	INTRO	<i>Set up PLT and Layer 1 cues to get your class moving with a Heavy Load as quickly as possible.</i>
		<i>"One giant block. In our Accelerated Warm-up we're going to train Strength and challenge the Tempo using this Heavy Load via a Power Tempo."</i>

WORK 1			
0:05	H	Sit 45secs	Strength
0:49	H	Stand 45secs	Strength
1:34	H	Stand 35secs	Strength Power
2:11	H	Sit 50secs	Strength
2:59	H	Stand 20secs	Strength
3:18	H	Stand 40secs	Strength Power
3:54	H	Sit 20secs	Strength

NOTE: We use Heavy Load throughout and we retain the ability to adjust Load by coaching participants to have a little more or a little less in order to hit the prescribed Tempos. The Strength Power Tempo is only just ahead of the beat, so be mindful of this and highlight that to your class.



01. RAW 4:19mins

TECHNIQUE AND COACHING

WORK 1

We use Strength and Strength Power to prime the body in our Accelerated Warm-up. The set is long and Heavy to guarantee a quicker cardiovascular response. Set up PLT and then focus on the muscular feel of a Heavy Load.

- *Feel the Load in your legs – you should feel a Heavy pressure in your legs!*
- *Feel the progressive Load and Intensity*
- *Start to challenge the Tempo and Intensity*
- **Chest lifted**
- *Lean in, up the Tempo – go!*
- *The right Load allows you to accelerate 1 to 2% quicker*
- *Pull up on the handlebars and drive your knees hard*
- *Hold Load, sit*
- **Brace belly**
- *Sit back in the seat*
- *We don't call this an Accelerated Warm-up for nothing!*
- *Are you breathing heavily? Are you moving towards that HIIT zone?*
- *1 minute left*
- *We want to be ready when Track 2 comes*
- *10 seconds!*

TRACK TIP

In this track, we use a Heavy Load to prepare our body for the work ahead. Focus on getting your class training with the correct Load to ensure they're training successfully by the end of this track.

The slower Tempo and Position changes in this Warm-up provide a great opportunity to focus on stability and quality of movement – creating a great platform to hit Track 2 and the rest of the workout with confidence.



02. STRENGTH POWER

TRACK FOCUS

- Use clear PLT with a focus on a Heavy Load and a Strength Power Tempo to challenge your participants' fitness.

WORKOUT PLAN

3x 60 seconds of Power using Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	<i>Set the expectation in this track – Power Tempo with a Heavy Load. Use PLT and Layer 1 cues to set your class up for success.</i>		
		<i>"3x 60 seconds of Power intervals using a Heavy Load and a fast Power Tempo just above the beat."</i>		
WORK 1				
0:13		H	Stand 50secs	Strength Power
1:02		H	Sit 10secs	Strength Power
1:15	REST	<i>"Rest! Reset Heavy Load. If you need to adjust, add more Load now. The Tempo is fast. You've got to set the intention to move fast even when that discomfort sinks in – that's what builds fitness!"</i>		
WORK 2				
1:40		H	Stand 50secs	Strength Power
2:29		H	Sit 10secs	Strength Power
2:42	REST	<i>"Last time – Strength Power; there is no other feeling like this! We're looking to optimize our power and performance and this is how we do it. This is us!"</i>		
WORK 3				
3:07		H	Stand 50secs	Strength Power
3:57		H	Sit 10secs	Strength Power



02. TRIBUNAL 4:13mins

TECHNIQUE AND COACHING

WORK 1

Emphasis on the Load used versus the Tempo we train with. Use PLT and clear concise Layer 1 cueing so your class uses a Heavy Load for Power Tempo training.

- *Heavy Load, stand up, run!*
- *It's a different feel – the Load is Heavy and the Tempo is fast, faster than you want it to be*
- **Chest is lifted, core is braced**
- *Find your strongest standing athletic position*
- *The heart rate is racing – we're in the red zone already*
- *Lean your body weight forward, **strong brace of the core** to stabilize and drive down on the pedals*
- *Hold the Load to sit, the legs should start to slow*

WORK 2

(OPTIONAL: FLOOR COACHING)

Use Layer 2 Improve Execution and Manage Intensity cueing so your class gets the most out of this Warm-up.

- *Run!*
- *To get Tempo – body weight forward, driving the pedals down using the quads to do this*
- *Driving the knees up*
- *We're halfway there – stay with me!*
- *This is explosive athletic power! WE ARE POWER!*
- *Focus on bracing the core and using your body weight with a firm grip on the handlebars. Hold the Load to sit – sit!*
- *Drive the pedal forward and down – the Load is trying to slow us down*

WORK 3

(OPTIONAL: IF FLOOR-COACHING, GET BACK ON BIKE)

Last set and you will be in the HIIT zone. The class knows how to train Strength Power so start to dial up Layer 3 Motivate cues to keep them in the training.

- *Gripping the handlebars*
- *Using the body weight as we stand – this is our strongest weapon to use*
- *Even when the legs want to slow, your intention is to keep moving – keep trying!*
- *I'm struggling to talk!*
- *Pump the knees*
- *There's no other feeling quite like this*
- *Commit to the finish line*

TRACK TIP

Your class will be propelled into the HIIT zone in this track. Following on from the Accelerated Warm-up, we continue to use a Heavy Load with a faster Tempo. Remember, Heavy will vary from track to track – your goal is to help your class find their Strength Load threshold whilst training a Power Tempo.

Intensity is the secret to accessing fast twitch fibres. Driving leg speed under Load is a great way to unlock maximum muscle output via our fast twitch muscle fibres.



03. SPEED ENDURANCE

TRACK FOCUS

- Use concise PLT to get your class moving quickly and then focus on Tempo and Load management to ensure everyone stays in the work and trains the extended Sprint and Surge sets.

WORKOUT PLAN

1x 75-second Sprint using Light to Moderate Load

1x 120-second Sprint using Light to Moderate Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Quickly set up PLT to get your class moving.		
		<i>"First set, 75 seconds of Speed Endurance. Load is Light to Moderate, closer to Moderate. Feel the Tempo straight away."</i>		
WORK 1				
0:15		L-M	Sit 30secs	Sprint – easy
0:45		L-M	Sit 30secs	Sprint – building
1:14		L-M	Sit 30secs	Sprint – on Tempo
1:43		L-M	Sit 15secs	Sprint – easy
1:58		L-M	Sit 30secs	Sprint – on Tempo
2:28	REST	<i>"Set 2. 120 seconds. We start with 5x Speed Surges to prime our muscles for Speed Intensity."</i>		
WORK 2				
2:43		L-M	Sit 15secs	Sprint (Building towards Sprint)
				2x Short Surges
2:57		L-M	Sprint 4secs	Sprint Surge
		L-M	Sit 4secs	Sprint
				2x Long Surges
3:19		L-M	Sprint 8secs	Sprint Surge
		L-M	Sit 8secs	Sprint
3:34		L-M	Sprint 4secs	Sprint Surge
3:42		L-M	Sit 30secs	Sprint – on Tempo
4:12	REST	<i>"This is what we love, SPRINTERS – 45 seconds, let's go!"</i>		
4:26		L-M	Sit 45secs	Sprint – on Tempo



03. UNDER THE SUN 5:11mins

TECHNIQUE AND COACHING

WORK 1

PLT cueing to set your class up. Provide a simple overview of the work by using a time reference and then use Layer 1 cueing to help your class find the correct Tempo and Load.

- *Light to Moderate Load, closer to Moderate*
- **Brace the core**, hips come forward
- *The Load should grip our muscles to the Tempo*
- *Light grip on the handlebars, **chest is lifted, relax the shoulders***
- *We stay on this constant Tempo to build muscular endurance*
- *Drive knees up*
- *Stay on Tempo to create a constant burn in the legs*
- *30 secs! Muscles are buzzing!*
- *Breathing heavily but not too heavily – it's constant in the legs*

WORK 2

(OPTIONAL: FLOOR-COACHING OPTIONAL)

In this set, focus on coaching the Sprint Surges. Your class will be physically feeling the extended Speed phases and may want to drop Load to catch the Tempo. Use Layer 2 Manage Intensity and Improve Execution cueing to ensure they're executing optimal technique to rise up to the challenge of the Surge phase.

- *We start with 5x Sprint Surges*
- *4, 3, 2, 1*
- *Longer Surge, 8 seconds!*
- *Pumping knees and driving the Tempo*
- *This is not the end – it's just the beginning!*
- *We're going to take it to the end together*

(OPTIONAL: IF FLOOR-COACHING, GET BACK ON BIKE)

TRACK TIP

Maximizing speed is best done in short bursts. These surges allow participants to focus on maximum Speed output. Remember – relaxing helps generate faster tempos – muscling the pedal stroke slows us down.



04. RUNNING

TRACK FOCUS

- Find the optional Power Load and Tempo to train top-end Power for peak athletic performance.

WORKOUT PLAN

2x 100-second Power efforts using a Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	<i>"Two blocks of work, Stand and Sit 5 times, 20 seconds each. Find the sweet spot where the Load is Moderate to Heavy."</i>		
WORK 1				
0:44		M-H	Stand 20secs	Power
1:06		M-H	Sit 20secs	Power
1:29		M-H	Stand 20secs	Power
1:51		M-H	Sit 20secs	Power
2:13		M-H	Stand 20secs	Power
2:35	REST	<i>"One more block – we Stand and Sit 5 times. We know it's not that Strength Power Load from Track 2 and it's not that Sprint Tempo from Track 3 – it's somewhere in between, so we can accelerate our fitness and enhance our Power."</i>		
WORK 2				
3:20		M-H	Stand 20secs	Power
3:42		M-H	Sit 20secs	Power
4:04		M-H	Stand 20secs	Power
4:26		M-H	Sit 20secs	Power
4:49		M-H	Stand 20secs	Power
	REST			



04. WISH YOU WERE HERE 5:15mins

TECHNIQUE AND COACHING

WORK 1

Pure Power training in this track. Clear Workout Plan, concise PLT and then set your class's expectation for the workout ahead. The training here is finding the threshold of Tempo and Load to get the Intensity.

- *Find Tempo first*
- *Find the sweet spot with the Load, Moderate to Heavy*
- **Chest lifted, belly braced**
- *Load plus Speed equals ultimate power*
- *Find the Tempo straight away – we're going over the Tempo*
- *It feels different – it's not that Heavy, deep muscular burn we felt in Track 2. This is Power; this is the shift from muscular Intensity to cardio Intensity*
- *We know that Power is all about coordination, finding balance on the bike and a brace of the core.*
Core braced, light on the handlebars
- *1 more kick to accelerate our fitness*
- *We're at the tipping point with Load and Speed. It's like we want to go fast but it's a challenge. Train in this challenge*

WORK 2

(OPTIONAL: FLOOR-COACHING OPTIONAL)

Remind your class of the Workout Plan so they can mentally prepare for the final block. Then, it's Layer 3 Motivate cues to keep your class training. Motivate them to stay in their training threshold by dialing up the benefits of HIIT training.

- *That's what we do in SPRINT: we set you up for success and then challenge you to find the tipping point, to find the very top end of your fitness*
- *How light and lifted can you make your upper body, balance and coordination, efficiency under fatigue?*
- *Sit, sit, sit!*
- *It's the tipping point. It's when we want to stop but we keep going because it's absolutely what we need*
- *It doesn't matter where you are today, we've got you!*

(OPTIONAL: IF FLOOR-COACHING, GET BACK ON BIKE)

TRACK TIP

When we Stand, the Intensity comes when you push for the top-end Power over the Tempo. When we sit, the Intensity comes when you train on the Tempo. Tracks 2 and 3 prepared us for this. In Track 2, we learned how to manage our Load with Speed and in Track 3, we learned how to manage Tempo with Load. This Power track is where we test our ability to manage Load and Tempo!



05. STRENGTH ENDURANCE

TRACK FOCUS

- Coach your class to find authentic Strength Load and train on it for the duration of the track.

WORKOUT PLAN

2x 60 second Strength efforts using a Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Strength, start seated – building Heavy Load. 2 efforts, just over 100 seconds, to build Strength.		
WORK 1				
0:18		H	Sit 35secs	Strength – build
0:53		H	Stand 35secs	Strength – build
1:29		H	Stand 15secs	Strength – forward
1:46		H	Stand 15secs	Strength – back
2:04		H	Stand 15secs	Strength – forward
2:22		H	Stand 15secs	Strength – back
2:40	REST	"We do the same thing again but we go deeper in the Load."		
WORK 2				
2:58		H	Stand 25secs	Strength – build
3:24		H	Stand 15secs	Strength – forward
3:42		H	Sit 15secs	Strength – back
4:00		H	Stand 15secs	Strength – forward
4:17		H	Stand15secs	Strength – forward
4:35		H	Sit 35secs	Strength
	REST			



05. TESLA 5:17mins

TECHNIQUE AND COACHING

WORK 1

Strength sets to challenge our fitness. Coach PLT and use Layer 1 cues to get your class moving quickly and then Layer 2 Improve Execution cues to get your class to focus on a Heavy Strength Load.

- *Find Tempo*
- **Core braced**
- *We're going to keep adding the Load until it's too Heavy to stay seated*
- *Feel the muscles starting to constrict around the pedal stroke*
- **Stay relaxed through the upper body**
- *Stand*
- *Light grip on the handlebars*
- **Chest is lifted, core is braced.** *Pushing forward and down on Load*
- *It's all about core control*
- *Glutes, quads, hamstrings and calves*
- *If you can wriggle your fingers on the handlebars, that means your core is taking the Load, not the arms*

WORK 2

Drive and Inspire your class to train Strength in this last set. Use Layer 3 Motivate cues in a way that is authentic to you. Do you Motivate by using intrinsic or extrinsic cues? Perhaps it's praise or challenging cues? This way, your class are authentically inspired to keep moving with you.

- *Find the pressure*
- *You know when the pressure hits, you start to grip the handlebars*
- *One last time – let's go!*
- *It's the last stage*
- *Sit, hips back in the seat*
- *The ultimate test – you're going to slow down in the seat but push anyway*

NOTE FROM GLEN:

The position shifts in this Strength Endurance track will help your participants push the Heavy Load in the most efficient way possible. Leaning brings the focus to the quads, pulling back and lifting up engages our posterior chain. When you start to tire, changing position allows you to maintain Load by varying the muscle focus. Encourage your participants to use these different positions and coach to the Why.

TRACK TIP

Longer sets require greater input from our aerobic energy systems. Training just below or on our anaerobic threshold improves our endurance by increasing aerobic capacity.



06. MIXED POWER

TRACK FOCUS

- Coach your class through the ultimate Power finisher.

WORKOUT PLAN

2x 140-second Power efforts using Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	<i>"Power training – 2x 140secs. It comes in quickly so find Load, Stand up – let's go!"</i>		
WORK 1				
0:22		M-H	Stand 45secs	Power
1:05		M-H	Sit 20secs	Power
1:28		M-H	Stand 30secs	Power
2:01		M-H	Stand 10secs	Power (Max)
	REST	<i>"That's SPRINT! True HIIT! Same deal as Set 1 – grab your fitness goals!"</i>		
WORK 2				
2:57		M-H	Stand 45secs	Power
3:40		M-H	Sit 20secs	Power
4:03		M-H	Stand 30secs	Power
4:35		M-H	Stand 10secs	Power (Max)
	REST			



06. FLY AWAY 4:51mins

TECHNIQUE AND COACHING

WORK 1

Last track, our Power finisher. Set up PLT to get your 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 set's duration.

- *Firm grip of the handlebars, **lift the chest***
- *We're not running, we're not powering, we're somewhere in the middle*
- *Butt back, push pedal forward and down, extend the hip. Change the muscle recruitment – glutes!*
- **Lift up nice and tall, core is braced hard**
- *Think about 10 seconds as hard as you can go*
- *Max power, max watts!*

WORK 2

Last round to really showcase athletic performance. Layer 3 Motivation is crucial to get your class over the SPRINT finish line. Motivate using a combination of cues and demonstrate being an athlete on the bike. Your class will go to the red zone if you go there with them.

- *The fastest way to improve your athleticism is through this type of training – Max power, top Intensity*
- *4, 3, 2, 1 – Moderate to Heavy Load Stand – let's go!*
- *Think about this – elbows are soft, chest is up. At the bottom of the pedal stroke, kick through and lift through the calf*
- *The body needs all the energy now!*
- *Maintain Load, 20 seconds in the seat – here's the proof*
- *Lift, stand, go!*
- *10 seconds, we're going to push the pedals down with passion and fury!*

TRACK TIP

Challenge your class in the last 10 seconds of both blocks to accelerate and push the Tempo for the ultimate Power finisher. See how Glen does this on the Masterclass footage.



07. COOLDOWN

BOTH OF US 3:49mins

WORKOUT PLAN

Congratulate 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.