

LES MILLS SPRINT 31

MUSIC

01. ACCELERATED WARM-UP

02. HEAVY POWER

03. POWER

04. SPRINTS

05. POWER TABATA

06. POWER FINISHER

07. COOLDOWN

DECLARATION OF INTENT

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MUSIC

INTRO

For Love (5:08)

Ebende
© 2021 all my thoughts.
Written by: Bumba

01

Perth (Dusky Remix) (4:37)

KiNK
© 2017 Running Back.
Written by: Velchev

02

Cadence (5:54)

DJ Flex
Courtesy of Les Mills Music Licensing Ltd.
Written by: Newman

03

Big Bands (5:08)

JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

04

Good As Hell (Nick Catchdubs Remix)

(3:56)
Lizzo
© 2016 Nice Life Recording Company and Atlantic Recording Corporation.
Written by: Frederic, Jefferson

05

The Blessing (4:19)

JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

06

Bring Change (7:24)

Shapeshifter
© 2006 Truestone Recordings.
Written by: Abrams, Robinson, Grenell, Trevethick, Apera

07

Got To Keep On (5:16)

The Chemical Brothers
Courtesy of the Universal Music Group.
Written by: Simons, Brown, McKuen, Rans, Rowlands

ALT

04

No Chill (3:56)

Wesky
Courtesy of Epidemic Sound.
Written by: Unknown



SPRINT 31



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

SPRINT 31 continues the evolution of music and training – modern and progressive sounds coupled with heavy, demanding training. This is High Intensity Interval Training on a bike!

We start steady in the Warm-up, finding the beat, adding a Heavy Load before standing and then dropping that Load and accelerating over the Tempo when the beat drops – pumping the heart rate into the Training zone.

Long efforts of Heavy Power – stand on a Heavy Load, then push hard for 80 to 90 seconds. There is instant feedback – the heart rate goes high and legs lactate and burn.

Power Endurance follows – we work the jumps and stay in the Threshold zone to build our Athletic fitness.

A long Sprints track provides balance and gives the recovery we need without dropping the level of Intensity.

Tabata does what Tabata does best – short and sharp injections of Power before we bring the change.

This workout is a beautiful expression of the science of Intensity and musical progression.

Enjoy,
Glen and the SPRINT team



PRESENTERS

Bas Hollander (The Netherlands) is a LES MILLS SPRINT™, LES MILLS GRIT™, LES MILLS THE TRIP™ and a BORN TO MOVE™ Ambassador. He is also a Director and Producer in the Production Team at LMI and is based in Auckland.

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

Glen Ostergaard (New Zealand) is the Creative Lead for LES MILLS SPRINT, BODYPUMP™ and RPM™ and lives in Auckland. He is father to 3 children, an avid runner, cyclist, and lifter.

Khiran Huston (New Zealand) is a Creative Lead/Trainer/Presenter/Les Mills Ambassador for LES MILLS TONE™, a Creative/Trainer/Presenter/Les Mills Ambassador for LES MILLS SPRINT & BODYPUMP and a Les Mills Ambassador for BODYBALANCE™, LES MILLS THE TRIP, LES MILLS GRIT, and RPM™. She works as Group Fitness Project Manager at Les Mills International in Auckland.

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

Creative Lead – Glen Ostergaard

Creative Director – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Production Coordinator – Juliet Mora

Special Thanks – Dan Cohen for his coaching expertise

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. ACCELERATED WARM-UP

TRACK FOCUS

- Use Layer 1 PLT cues to help participants find a Heavy Load, and then increase or ramp up the intensity with the Strength Power Tempo

WORKOUT PLAN

1x 4-minute Strength & Strength Power Interval with Heavy Load

Music	Interval	PLT and Coaching Tips
0:05	INTRO	Set up PLT and Layer 1 cues to get your class moving with a Heavy Load as quickly as possible. "One block. In this Warm-up, we're going to train Strength using a Heavy Load, and there's an opportunity to train Power Tempo using a Heavy Load."

WORK 1			
0:35	H	Stand 45secs	Strength
1:21	H	Sit 60secs	Strength
2:23	H	Stand 60secs	Strength Power
3:25	H	Sit 15secs	Strength Power
3:40	H	Stand 15secs	Strength Power
3:55	H	Sit 15secs	Strength Power
4:10	H	Stand 15secs	Strength Power

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 to enable them to reach 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. PERTH (DUSKY REMIX) 4:37mins

TECHNIQUE AND COACHING

WORK 1

We use Strength and Strength Power to prepare the body in our Warm-up. The set is long and Heavy, which will guarantee a quick cardiovascular response. Set up PLT and then focus on the muscular feel of a Heavy Load to ensure your participants are ready for the Strength Power phase.

- *Heavy turn, stand up*
- *First, set your position – **chest up, butt back, light core engagement** and a little side-to-side motion*
- *We need to find the Load, then push down on the pressure because it's that pressure that creates the Intensity*
- *Every time you add on that dial it creates a little more pressure*
- *Let's see what it feels like to sit with this Load*
- *Instantly you feel that it's harder, right?*
- *A little bit of Tempo now*
- *1 minute of Tempo*
- *Straight away you start to breathe heavy!*
- *Stay light, loaded*
- *It's called a ramping effort – 2 minutes to ramp up the Intensity*
- *As you sit, 15 seconds, try not to slow down too much*
- *I can see it; it's in the face and the legs*
- *Last 15 seconds, stand up and lean in on the bar*

TRACK TIP

We use Heavy Load with a focus on Strength to prepare our body for the work ahead. Coach your participants to use the correct Load to ensure they're training successfully by the end of the track. More importantly, when they hit the Strength Power phases, make sure they are moving with control at the right intensity.



02. HEAVY POWER

TRACK FOCUS

- Encourage use of a heavier Load than you usually use – its still Moderate to Heavy but much closer to Heavy

WORKOUT PLAN

3x Intervals of 45 / 90 / 90 seconds of Heavy Power using Moderate - Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	<i>"Set the Load heavier than you usually would – Moderate to Heavy but closer to Heavy. That Load should stick us to the Tempo."</i>		
WORK 1				
0:13		M–H	Stand 45secs	Power
1:06		M–H	Stand 45secs	Max Power
1:46	REST	<i>"We're going to stand for as long as we can. When you 'max out', that's your cue to sit – 90 seconds on the move!"</i>		
WORK 2				
2:15		M–H	Stand 15secs	Power
2:33		M–H	Stand 75secs	Max Power OPTION: Sit if needed
3:40	REST	<i>"That uncomfortable feeling is where we get the results from! Don't fight it – try to hold on and work with it! Fight to stay standing for as long as you can!"</i>		
WORK 3				
4:14		M–H	Stand 15secs	Power
4:27		M–H	Stand 75secs	Max Power



02. CADENCE 5:54mins

TECHNIQUE AND COACHING

WORK 1

Set PLT using Layer 1 coaching cues. Find Tempo, then challenge your participants to find their own max Power.

- *On or slightly faster than the beat*
- **Lift chest, brace core, hips forward**
- *Heart rate can only go one way here! We are going up!*

WORK 2

Revisit the Layer 1 PLT cues to set up. Then, challenge your class to work hard and maintain the Intensity by using Layer 2 Adjust Intensity cues. What cues will you use when your participants start to fatigue towards the end of the 90-second effort?

- *Reach your Max Power – 75 seconds*
- **Stabilize the hips, brace core**, *use the glutes max and quads to drive the pedal down*
- *Drive the push, relax the pull*
- *Last 45 seconds*
- *Remember, when you've 'maxed out' sit but keep pushing*
- *We're getting uncomfortable really quickly*

WORK 3

Final round – help your class to fight the fatigue by using well-placed time references to help them manage the workload. Don't forget to praise them for their hard work!

- *One more: 90 seconds! Don't think, just do it!*
- *Max Power! 75 seconds*
- *45 seconds – remember to switch it up if you've 'maxed out'. Sit down if you need to*
- *We don't wait for that last track – we've started the fight early!*

TRACK TIP

Use time references to keep your participants in the 90 seconds of work. This track is tough so praise your class for their hard work!



03. POWER

TRACK FOCUS

- Moving on & over the Power Tempo

WORKOUT PLAN

3x Intervals 50 / 60 / 80 seconds Power using Moderate - Heavy Load

Music	Interval	PLT and Coaching Tips		
	INTRO	Set up PLT, explaining the Workout Plan. "Power Training, we're going to keep the focus on Maximum Intensity by challenging the Tempo and riding over the beat – you know what that means for the heart rate! Moderate to Heavy Load, feel the muscles being gripped to the Tempo."		
WORK 1		4x Power Jumps		
0:56		M–H	Stand 3secs	Power
0:59		M–H	Sit 3secs	Power
1:02		M–H	Stand 3secs	Power
1:05		M–H	Sit 3secs	Power
1:08		M–H	Stand 3secs	Power
1:11		M–H	Sit 3secs	Power
1:14		M–H	Stand 3secs	Power
1:17		M–H	Sit 25secs	Power
1:42	REST	"Rest. You can stop or keep moving. Round 2: 6 Power Jumps and 25 seconds of Seated Power."		
WORK 2		6x Power Jumps		
2:11		M–H	Stand 3secs	Power
2:14		M–H	Sit 3secs	Power
2:17		M–H	Stand 3secs	Power
2:20		M–H	Sit 3secs	Power
2:23		M–H	Stand 3secs	Power
2:26		M–H	Sit 3secs	Power
2:29		M–H	Stand 3secs	Power
2:33		M–H	Stand 3secs	Power
2:36		M–H	Sit 3secs	Power
2:39		M–H	Stand 3secs	Power
2:42		M–H	Sit 3secs	Power
2:45		M–H	Sit 25secs	Power
3:13	REST	"Rest. How are you feeling? Why don't we make this one longer? 6 Jumps and 50 seconds of Power to finish!"		
WORK 3		6x Power Jumps		
3:38		M–H	Stand 3secs	Power
3:41		M–H	Sit 3secs	Power
3:44		M–H	Stand 3secs	Power
3:47		M–H	Sit 3secs	Power
3:50		M–H	Stand 3secs	Power
3:53		M–H	Sit 3secs	Power
3:57		M–H	Stand 3secs	Power
4:00		M–H	Stand 3secs	Power
4:03		M–H	Sit 3secs	Power
4:06		M–H	Stand 3secs	Power
4:09		M–H	Sit 3secs	Power
4:12		M–H	Stand 3secs	Power
4:15		M–H	Sit 25secs	Power
4:40		M–H	Stand 25secs	Power



03. BIG BANDS 5:08mins

TECHNIQUE AND COACHING

WORK 1

Set up PLT with Layer 1 coaching cues so your participants hit the basics straight away.

- *Stand, over the Tempo*
- *Sit, on the Tempo*
- ***Lift the chest, brace the core, relax the shoulders***
- *25 seconds of Seated Power, over the Tempo again*
- *Locking the core to create stability and Maximum Intensity*

WORK 2

Use Layer 2 cues to take your participants' work effort to the next level! Teach your class how to train at their Maximum Intensity for the entire Interval.

- ***Hips come forward, hips push back.*** *Changing the body position to create Power from different muscles*
- *Speed + Intensity = more Power*

WORK 3

Motivate your class to stay in the zone in this final effort. Use Layer 3 cues that will Inspire them to maintain that Maximum Intensity right to the very end of this extended block.

- *Keep challenging the Tempo to intensify this track*
- *Now is your body's opportunity to adapt to being uncomfortable*
- *Putting the mind and body together, getting mentally and physically fit!*
- *Final 25 seconds of Power – standing; let's go!*

TRACK TIP

Your goal for teaching this track is to keep your participants in the Intensity. How will you do that? Will it be the way you move? Will it be what you say? Will it be what you don't say?



04. SPRINTS

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *No Chill* with the same choreography.

TRACK FOCUS

- Coach Load for control then allow participants to find the beat, before giving them the freedom to move faster if they choose

WORKOUT PLAN

2x Sprints 60 / 90 seconds using a Light - Moderate Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	Explain the Workout Plan and set up PLT. <i>"Sprint Endurance – Light to Moderate Load. We're riding on the beat for 1 minute. If you feel like riding faster than the beat, 'go for it!'"</i>		
0:46	WORK 1	L-M	Sit 60secs	Sprint
1:47	REST	<i>"Challenge yourself – go with a slightly heavier Load or a faster cadence."</i>		
2:22	WORK 2	L-M	Sit 90secs	Sprint OPTION: Reduce speed for the last 30secs
	REST			



04. GOOD AS HELL (NICK CATCHDUBS REMIX) 3:56mins

TECHNIQUE AND COACHING

WORK 1

Set your class up with PLT. Explain the option to go faster if they want more of a challenge and a higher level of Intensity. Use Layer 2 Adjust Intensity cues to help them through the Rest periods.

- *On beat!*
- *If you want to go quicker, 'go for it!'*
- **Relaxed upper body, chest lifted, core braced to stabilize the hips**
- *These longer duration Sprints lay the Aerobic foundation to peak the next two tracks*
- **Hips forward in the seat, toes slightly dipped**

WORK 2

Use Layer 3 cues to Inspire and Motivate your class to continue to work at their full potential – finding and maintaining their maximum speed in this longer effort, right to the end.

- **Hips are slightly forward in the seat**
- *Focus on driving out of the hip and knee*
- *Think about making smooth, fast circles to push through the bottom dead spot*
- *Make sure the hips are firm in the seat – that's your position to drive from*
- *Last 30 seconds, you can stay on Tempo or you can bring it back and let the legs slow naturally*
- *Just pulling back a little before we extract all our energy and power in the next two tracks*

TRACK TIP

Teach your class how to Sprint with great Technique. How can they become more efficient? With their pedal action or their body position? What recommendation are you going to give to them so they can Improve their Technique?



05. POWER TABATA

TRACK FOCUS

- Challenge our participants to match (or better) the Intensity of every Interval every time

WORKOUT PLAN

8x Power Intervals 20 seconds Work / 10 seconds Rest using Moderate to Heavy Load

Music	Interval	PLT and Coaching Tips		
0:00	INTRO	There isn't much time to set up PLT so do this quickly, keeping it brief. "Tabata 20 seconds on, 10 seconds off. Power Load: Moderate to Heavy Load."		
WORK 1				
0:05		M-H	Stand 20secs	Power
0:26	REST	"Recover in seated or standing position. Match the Intensity from Interval 1 in Interval 2."		
WORK 2				
0:37		M-H	Stand 20secs	Power
0:58	REST	"Rest. We're going to pull on one of those Intensity levers. I'm going for leg speed. What are you going for?"		
WORK 3				
1:10		M-H	Stand 20secs	Power
1:30	REST	"3 down, Sit or Stand. Same deal. Tempo accesses Intensity. Load is set!"		
WORK 4				
1:40		M-H	Stand 20secs	Power
2:01	REST	"4 down, half way. We're going to focus on reaching the pinnacle of our anaerobic capacity now."		
WORK 5				
2:12		M-H	Stand 20secs	Power
2:33	REST	"3 to go! Now, we look after our bodies; be more mindful of our bodies."		
WORK 6				
2:43		M-H	Stand 20secs	Power
3:04	REST	"2 more! You're at the threshold, that anaerobic capacity. Now you just need to move, baby, move!"		
WORK 7				
3:15		M-H	Stand 20secs	Power
3:36	REST	"Last effort. Be smart about this – know that you've got a big track to come."		
WORK 8				
3:47		M-H	Stand 20secs	Power



05. THE BLESSING 4:19mins

TECHNIQUE AND COACHING

WORK 1 AND 2

Set up the first two Intervals using Layer 1 PLT cues. Get your participants training with great Technique, focusing on Tempo and Load.

- **Chest up, core braced**
- *8 rounds of Tabata*
- *Our focus is to match the Intensity every time*
- *The perfect balance of Load provides the platform and Tempo accesses the Intensity*
- **Hips forward**

WORK 3, 4 AND 5

The next three intervals are about how your participants can work harder, better and smarter. Use Layer 2 cues to bring the best out of your class. What can you say to make them move more efficiently?

- *In these three blocks, we're going to reach Max Intensity*
- *Knees up – can you accelerate?*
- *Here's your chance to access that High Intensity Interval Training – this is what brings us the results*
- *Maybe in these blocks we can put on a little more Load to match the last set*

WORK 6, 7 AND 8

Final three efforts! Look out and coach accordingly to what is needed in the room. Dial up your Athleticism and role model HIIT to Motivate and Inspire your participants to dig deeper and push harder in these final efforts.

- *Relax and lift your chest, get oxygen in the system*
- *Think about lasting the distance*
- *You're bringing the game, we're bringing the match and now we've got the set!*
- *Time under tension, peak fitness!*

TRACK TIP

To help your participants finish this track feeling successful, count down each Interval from 8 to 1. Use a halfway time reference to help them get through mentally.



06. POWER FINISHER

TRACK FOCUS

- Challenge and motivate your participants through these two long Power efforts

WORKOUT PLAN

2x 100 seconds of Power – 40 Stand / 40 Sit / 20 seconds Stand

Music	Interval	PLT and Coaching Tips		
	INTRO	Set up Workout Plan and PLT. <i>"Last big track. In that sweet spot of Load and Tempo, matching intention with Intensity. There's 2x 100-second efforts coming up. Let's go to work. Heading towards Moderate to Heavy. Don't save anything here because after these two efforts, we're going home!"</i>		
WORK 1				
1:08		M-H	Stand 40secs	Power
1:52		M-H	Sit 40secs	Power
2:36		M-H	Stand 20secs	Power (Max)
2:58	REST	<i>"Down. Rest. One more. You can feel it, right? Are you pushing the pinnacle of your anaerobic fitness? Last set of the entire class! Let's go!"</i>		
WORK 2				
4:04		M-H	Stand 40secs	Power
4:48		M-H	Sit 40secs	Power
5:32		M-H	Stand 20secs	Power (Max)
5:53	REST	<i>"Rest and recover! Well done team. Nothing feels better than celebrating after a great workout! We're going to spend the next minute bringing the heart rate down; keep the legs moving with a light resistance. Find a Tempo that works for you."</i>		



06. BRING CHANGE 7:24mins

TECHNIQUE AND COACHING

WORK 1

Set your participants up with PLT. Explain the option to go faster if they want more. Use Layer 2 Adjust Intensity cues to help them through to the Rest phase.

- 40 seconds on the jump. Go!
- Balance your hips slightly forward of the seat
- Firm but relaxed grip on the bars
- Now focus!
- 40 seconds down town. Sit and hold
- The key is not to slow down – stay in the work
- Soft elbows, **lift the chest**, hips back on seat, **brace the core, stabilize the hips**
- Access hip and knee extension, glutes, quads, calves and hamstrings. Smooth and efficient movement builds fitness and allows us to last the distance
- To create change, you have to be the change!

WORK 2

Use Layer 3 cues to Inspire your class to continue to work at their full potential, finding and maintaining their max speed right to the end of the block.

- This one is all about the feel!
- You know how to move, you know how fast you need to move, you know what it feels like – so MOVE, BABY, MOVE!
- It's all about the Training approach – you come in with your best mindset, you train your best and you leave feeling really good for it!
- Sit – 40 seconds
- The best athletes in the world learn how to reach their threshold and they sit in it for as long as they can. We call this the 'Pain Cave!' In SPRINT, we are renaming it 'Athletic Cave' – take yourself there today!
- We've got one more – 20 seconds! RUN!
- We are here – to the very last rep!

TRACK TIP

Not only is this track very physically challenging to finish, it is also the final track of the workout. Your participants will need you to help them get across the line. Use lots of time references to help your class know how long they have left. This will help them achieve their goal of finishing at Maximum Intensity.



07. COOLDOWN

GOT TO KEEP ON 5:16mins

WORKOUT PLAN

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

Bring your class down to recover in the last part of this track. Encourage them to use a Light Load and an easy Tempo.

- *We're going to spend the next minute to bring the heart rate down*
- *Find an easy Tempo and Load that works for you*
- *Remember, Rest is good for you – it's fuel!*
- *What a fantastic 30-minute effort!*
- *Shoulder rolls*
- *Well done everyone*



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.