



FREE WITH THE GOOD. 5 MINUTES

Your sprint session

6 sprints of 30 seconds, all out, with 4 minutes of easy movement in between. 38 minutes in total, of which only 3 are properly demanding. The guided session counts you in, so all you have to do is pedal or run.





WHY THIS WORKS

Short and sharp does more than long and steady

When you move, your muscles release substances into your blood.

That is how they tell the rest of you that something is happening.

Researchers at Rockefeller University wanted to know when the most gets passed on, so they set two kinds of training against each other: 6 sprints of 30 seconds, and 90 minutes of steady cycling.

What the study showed

Straight after the sprints, close to 25% of every substance measured in the blood had changed. After 90 minutes of steady cycling almost everything stayed put: under 0.25%. For signals like these, what counts is how hard it briefly gets, far more than how long you are out.

Short efforts are healthier

The same substances have been measured in more than 53,000 people in a large British health database. Of the 33 linked there with a lower risk of heart and metabolic disease, 32 moved after sprinting and only 3 after the relaxed but long ride.

Olsen et al., *Cell Reports Medicine*, 2026. What was measured is the short window straight after exercise, in healthy, active participants.



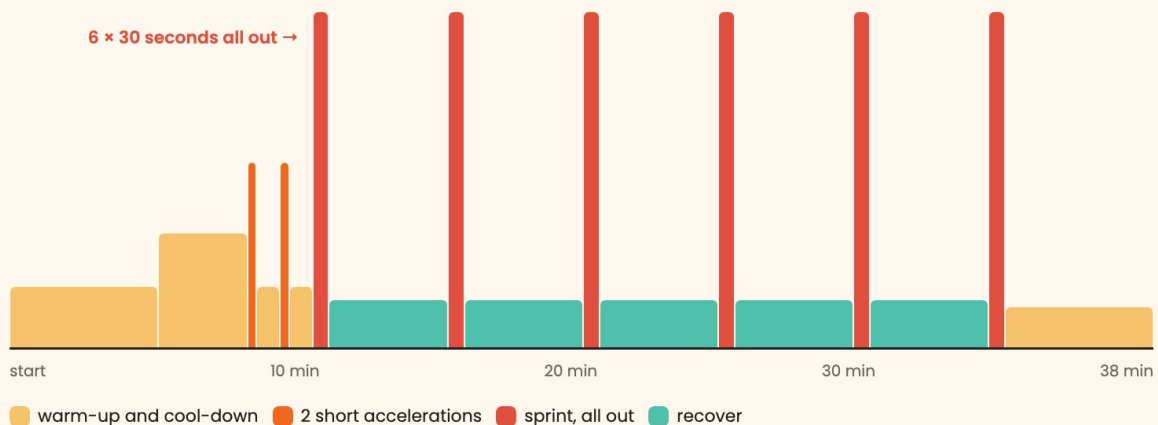
THE STRUCTURE

The session in one picture

What your sprint session looks like



6 sprints of 30 seconds, with 4 minutes of easy movement in between



Added up, that is just **3 minutes all out**. The rest of the session is getting ready and recovering.

Based on the sprint protocol in Olsen et al., Cell Reports Medicine, 2026.

The tall spikes are the sprints; the yellow block on the left is the warm-up.

Where those 38 minutes go

10 minutes of warming up, ending with two short 10-second accelerations so your legs know what is coming. Then 6 sprints of 30 seconds, with 4 minutes between each one where you keep moving gently instead of stopping. And 5 minutes of cooling down to finish.

Why the recovery is that long

4 minutes feels generous, and that is the point: only with enough recovery can you go all out again on the next sprint, and going all out is what this is about. Cut the recovery short and you turn it into a hard endurance session with a different effect.



THE PLAN

Start smaller than the study

The plan from the study is where you are heading, not where you begin.
Build up in 3 steps, and move on to the next one as soon as you genuinely feel recovered within the 4 minutes.

STAGE	WHAT YOU DO
Weeks 1 and 2	3 sprints of 20 seconds at around 90%, with 4 minutes between them
Weeks 3 and 4	4 sprints of 30 seconds, edging closer to all out each time
After that	6 sprints of 30 seconds all out, just like the study

The warm-up is part of it

5 minutes of easing in, 3 minutes at a solid pace, then the two 10-second accelerations. Skip that and your first sprint is a cold start, which feels twice as hard straight away.

Twice a week is plenty

Leave at least 48 hours between sessions. Going all out asks more of your recovery than a steady workout does, and your usual route can happily carry on alongside it.



HOW TO USE IT

The session in your headphones

The guided audio runs for 38 minutes and follows the plan on the previous page exactly. I tell you when to start, count you into every sprint, and give you a shout 5 seconds before the end. Beyond that there is nothing to keep track of.

Before you start

Have the session ready on your phone, downloaded if you can, so you are not relying on signal once you are out. On an indoor bike or a treadmill this is easiest. If you head outside, work out beforehand where your sprints will fall: not at a traffic light, a junction or a stretch where people are walking. Traffic comes first, always.

[Listen or download the session →](#)

Your anchor

Put two fixed days in your diary and treat them like an appointment with someone else. Set your shoes or your water bottle out the night before; it saves you the one decision you would rather not make in the morning.

Handy to have ready

A bottle of water with a drop of **Lemon** in it, and **Deep Blue Rub** to hand for afterwards. The product pages explain what is in them and how to use them.



BEFORE YOU GO

A few things to watch

When to check first

All-out work pushes your blood pressure up sharply for a short while. If you take medication, have a heart condition, or are pregnant, talk to your doctor first. That is not caution for the sake of it: 30 seconds flat out is a different thing entirely from an hour of steady cycling.

If you run rather than ride

Sprinting asks more of your hamstrings than pedalling does. Give yourself an extra week to build up, keep the first sprints at around 90%, and pick flat ground with no traffic.



6 sprints sounds like a lot. In practice it is 3 minutes of work spread across half an hour in which you are mostly warming up, catching your breath and coming back to yourself. The hardest moment is usually the thought of it, the evening before.

Given it a go? Reply to the GOOD. 5 minutes and tell me how it went. I read everything myself and I answer myself too.

Let's go!

Tanja

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