

2023 CONDITIONING PROGRAM

EVERY member of the marching band is expected to participate

Goal

- Safely and effectively increase everyone's strength and stamina.
- Each individual and the group as a whole will be safer and significantly more successful at achieving the demands of the show if everyone commits to conditioning on their own.

Simple and Adaptable

- The workouts are designed to meet every student at their current physical abilities.
- We are more concerned that everyone participates regularly and shows improvement than that they have a certain mile time or can complete a certain number of push ups.
- Focus on form, rather than speed.

Tracking Progress

- Every couple of weeks you will be asked to run a mile and time it. Just do your best!
- If running is problematic, come up with a cardio heavy alternative that you can track such as an elliptical, biking, or swimming.
- Every Saturday we will send out a google form for students to report how many days that week they completed an entire work out and what their mile time was.
- If you do some other kind of intensive cardio or workout one day (high fit, biking, swimming, etc) feel free to count it.

Workouts

- There are 4-5 workouts a week.
- Each workout should take 20-30 min.
- Running workouts should be performed as written. Walk/jog/run for the given time.
- Complete the other workouts as described on the calendar.
- On the far right hand column of each week there is a daily ab workout that you will do in addition to each day's workout.
- We will send out videos that explain how each exercise should be done.
- These exercises were chosen to develop specific muscle groups. You will not necessarily be exhausted after each of them.
- PRO TIP: Do them with friends or while watching Netflix or listening to music.

Injuries/Concerns

- If you feel that it is unsafe for you to complete these workouts because of current or past injuries or other physical limitations please contact Mr. Hodson asap.
- EVERYONE is expected to participate.

Self-Care

- Stay hydrated. Drink water EVERYDAY.
- Stretch regularly.
- Wear clean clothes.
- Wear clean socks.
- Wear deodorant.

Questions

If you have ANY questions or concerns, please don't hesitate to reach out to Mr. Hodson:
chodson@dsmail.net