

# 2022 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!
- Every Saturday we will send out a google form for students to report how many days that week they completed an entire workout and what their mile time was
- Every few weeks in rehearsal we will complete a workout assessment together

## Questions

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

## 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
- The other workouts are designed as circuits. Do the specified number of tasks written with a 20 second break in between each. Repeat the entire list as many times as you can in 20 min
- These exercises were chosen to develop specific muscle groups. You will not necessarily be exhausted after each of them
- We will send out videos each week that explain how each exercise should be done
- 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