



SAPULPA

BANDS

Band Fitness Guide 2021



Hello and congratulations! You are going to be in the Sapulpa Marching Band this fall!

Marching Band members are athletes, and likewise, marching band is a sport. With any athletic activity, proper conditioning, physical fitness, nutrition, core strength, and rest are essential to a successful season. Preseason training is crucial for this season's success. NOW is the time to begin to get outside, get used to the heat, and condition your bodies to be successful come marching band camp. This fitness guide will help you become prepared for summer marching band camp and the fall semester!

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How to use this Guide

The first few sections of this guide (Nutrition, Hydration, and Heat Conditioning/ Sun) are to help inform you on how to take care of your bodies. The Athletic Conditioning section includes examples and instructions on body weight core strength exercises, and upper body strength exercises. You will need to know how to do those exercises for marching band, and for the self led progression chart. You should begin on the chart where you can achieve the entire week of exercise. You will want to do at least 8 weeks of the chart leading up to band camp (8/2/21). For example, If I were to begin on week 3, I would complete weeks 3 through 10 on the chart leading up to band camp.



Nutrition

Please refer to the Sapulpa Athletics Nutrition Guide for information on a healthy diet, foods you should be eating, and more!



Good lip health is important to all members but **ESPECIALLY TO BRASS PLAYERS!** Make sure to utilize a baseball cap that shades your lips during the day. Using a lip balm with SPF helps as well. Vitamin E is also good for lip health; poke a hole in the gelcap and squeeze the contents directly on your lips for the greatest effect. If you are prone to cold sores, the sun and stress can be triggering factors.



Hydration

A good rule of thumb for athletes is to divide your body weight in half and drink at least an ounce per pound of body weight throughout a typical day (e.g., someone weighing 160 pounds should drink 80 ounces of water a day). This amount should then be adjusted for the day's activity level and outside temperature.

Contrary to popular belief, simply drinking water only when thirsty is not good advice when it comes to properly hydrating the body. When the thirst mechanism activates, it is usually a sign the body is already under-hydrated (and possibly headed toward dehydration).

Dehydration happens when the body loses more fluid than it takes in. When the body doesn't have enough water, it can't function properly. Dehydration can range from mild to severe. Symptoms of dehydration can include the following: dizziness or lightheadedness, nausea or vomiting, muscle cramps, dry mouth, lack of sweating, and hard, fast heartbeat, among others.

TIPS

- Start drinking water immediately after waking up in the morning.
- Avoid caffeinated beverages such as coffees, sodas, and energy drinks.
- Fruits and vegetables are 75-96% water, so eating fruits or vegetables with meals or snacks will help add to your total water intake.
- Consume liquids even when not rehearsing/exercising.
- If you are not waking up to use the bathroom at night, you aren't drinking enough water
- Drinking ice cold water is not healthy for the body in extreme heat. This can shock the body and is not healthy.
- If your lips are dry or chapped, that is one of the first signs of dehydration.



Heat Conditioning/ Sun

Prevention of heat illness begins with gradual acclimatization to environmental conditions. Student athletes should gradually increase exposure to hot and/or humid environmental conditions during a minimum period of 10 to 14 days. Each exposure should involve a gradual increase in the intensity and duration of exercise and equipment worn until the exercise is comparable to that likely to occur in competition. When environmental conditions are extreme, training or competition should be held during a cooler time of day. Hydration should be maintained during training and acclimatization sessions.

Sunscreen and sunblock are two different products. The basic difference is as follows. Sunscreen acts as a filter, allowing some but not all UV rays to penetrate the outer layers of skin. This is suggested for people who do not burn as easily. Sunblock acts as a reflector of UV rays. This is suggested for people who are fair skinned, or burn easily. The most important choice is to use, and reapply one of the products to be safe.

Using a lip balm/ chapstick with UV protection is always recommended as well. While Vitamin E is fantastic for rejuvenation of skin cells, it is actually not recommended to be used in direct sunlight. I personally use a chapstick with UV protection during the daytime when I am out in the sun, and a chapstick with Vitamin E during evening and nighttime to help the recovery of my lips.



Health and Exercise “Myth Busting”

MYTH: If I have water when I wake up in the morning I will be hydrated for the day?

Incorrect! People forget that our body is still working when we sleep so it's still using water to repair and replenish our body. If you only focus on rehydrating your body in the morning, you are already dehydrated! Once you start performing your body will use up that water and then have none to replace it with, thus when members become dehydrated. It is utterly important to rehydrate BEFORE we go to bed, and not just a cup of water. For all the exercise you will do during the day, you'll need more than that! I strongly recommend that each member drink at least 18 ounces of water before going to bed. For the first few nights, yes you might have to get up and pee a bit, however after that your body will start store all that water so that you awake hydrated and ready to go!

MYTH: Because I'm outside all day I should be drinking more Gatorade/PowerAde than water to replenish my electrolytes.

It is without a doubt true that after 60 minutes of moderate to intense physical activity one loses electrolytes through both muscle exertion and sweat. However the MOST important fluid to replace is water. Drinking too much of sports drinks rather than water can actually make someone more dehydrated because of the increase in sugar the body now has to metabolize!

MYTH: What about using energy drinks in the morning to help wake up?

No. Just no. Did you know that in the past years, emergency room visits due to energy drink consumption, especially with exercise, have nearly doubled, with over 20,000 in 2012. True fact! Energy drinks provide a quick boost of caffeine energy but soon after drain the body of the energy expended during that heightened state, hence the 'crash' period. They can accelerate your heart rate to dangerous levels, cause dehydration, dizziness, muscle cramps, nausea, etc. Go for an apple rather than a Monster!

MYTH: Do I still have to wear sunscreen even if I'm already tanned or if I stopped burning?

Yes! Just because you don't get sunburn doesn't mean that your skin isn't being injured. Sunlight is a form of radiation and radiation can cause cancer. Skin cancer from excess exposure to UVA and UVB radiation that comes from the sun. Sunscreen helps prevent against these harmful sunrays.

MYTH: If a muscle hurts I should heat it and if a joint hurts I should ice it.

Partially correct! I encourage cryotherapy and thermotherapy use, however it more



depends on when to use ice and when to use heat. During the first few days of an injury you should always use ice after performances or practice. After both small and large injuries, the body goes through a phase of inflammation, so ice helps keep that inflammation from accumulating into problematic swelling. If it's been about a week, and the minor injury just feels still and achy I would feel comfortable switching to heat.



Athletic Conditioning

Knee Hugs



Lying on your back, bend and lift your knees towards your chest. Place your hands around both knees and draw them towards your chest. Hold the stretch for approximately twenty seconds, feeling the muscles in your lower back and bottom relax. Rest for a few seconds, and then repeat the stretch several more times.

Crunches



Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale. Exhale and lift your upper body, keeping your head and neck relaxed. Inhale and return to the starting position.

Leg Lifts



Lie on your back, legs straight and together. Keep your legs straight and lift them all the way up to the ceiling until your butt comes off the floor. Slowly lower your legs back down till they're just above the floor. Hold for a moment. Raise your legs back up. Repeat.



Jack Knives



Begin your jackknife by lying on the ground, with your arms outstretched behind your head. Keep your arms and legs raised a little off the ground throughout the movement. That movement is a simple one to understand, if not to do. Contract your abs and fold in two, bringing your arms and legs together to meet above your midriff, before easing them back to your starting position.

Alternating (Alt) Knee Crunches



Begin laying on the ground with your legs straight and hands behind your head. Keeping your back flat on the ground, raise one knee toward your chest. Lower the same leg to the starting position. As your first leg is being lowered, raise your other knee toward your chest. Lower the same leg to the starting position. Keep alternating these leg movements, raising one knee as the opposite leg is being lowered.

Backward Sit-ups Plank



Lie on the floor, on your back. Raise your legs off the floor. Bend your knees at a 90-degree angle and pull them into your chest while holding your upper body still. Your hips will slightly lift off the floor as your knees get close to your chest. Extend your legs



back down to the starting position. Keep your legs straight and hovering above the floor. Avoid touching the floor. Repeat the exercise to complete as many repetitions and sets as your fitness level allows.

Plank



Plant hands directly under shoulders (slightly wider than shoulder width) like you're about to do a push-up. Be sure to make a straight line through your ankles, knees, hips, and shoulders. You should keep your back straight. Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back.

Push-up



Get on the floor on all fours, positioning your hands slightly wider than your shoulders. Extend your legs back so that you are balanced on your hands and toes. Keep your body in a straight line from head to toe without sagging in the middle or arching your back. You can position your feet to be close together or a bit wider depending on what is most comfortable for you. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire push up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent.



Incline Push-up



Same as a push up with your arms on a raised platform or chair. The higher the angle, the easier this exercise.

Arm Circles



Stand with feet shoulder-width apart, arms extended straight out to sides at shoulder height. Slowly and in a controlled manner, rotate your arms while keeping them straight in small forward circles.

Shoulder Tap while in Plank



Plant hands directly under shoulders (slightly wider than shoulder width) like you're about to do a push-up. Be sure to make a straight line through your ankles, knees, hips, and shoulders. You should keep your back straight. Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back. Lift your right hand off the ground. In a controlled



manner, touch your left shoulder and replace your hand on the ground. Next, lift your left hand off the ground. In a controlled manner, touch your right shoulder and replace your hand on the ground. Continue alternating hands the set number of reps.

Bear Crawl



Start on all fours and lift your knees so they're at a 90-degree angle and hovering an inch off the ground. Keep your back flat, your legs hip-width apart and your arms shoulder-width apart. Move one hand and the opposite foot forward an equal distance while staying low to the ground. Switch sides, moving the opposite hand and foot. Repeat the movement while alternating sides.

Crab Walk Standing YTW's



Begin by sitting on the floor with your feet hip-distance apart in front of you and your arms behind your back with fingers facing hips. Lift hips off the floor and tighten your abs. Start "walking" forward by moving your left hand followed by your right foot; and then your right hand followed by your left foot.



Standing YTW's



Plant both feet on the floor shoulder-width apart. Hinge forward from your hips so that your torso is at a 45-degree angle to the floor. Bend your knees slightly and extend your arms directly below your chest, keeping your hands in a neutral position (palms facing each other). This is your starting position. Using the muscles in your shoulders and back, slowly raise your hands forward and upward until your arms are in line with your ears and they resemble the shape of a “Y”. You should feel a small squeeze between your shoulder blades. Lower your arms to return to the starting position. While maintaining a slight bend in your elbows, raise your hands outward and upward until they are in line with your shoulders to resemble the shape of a “T”, ensuring that you draw your shoulder blades down and back. Lower your arms to return to the starting position. Rotate your wrists so that you are now holding your palms facing your body. Bend your elbows to bring your hands in towards your lower ribs. While keeping your elbows as still as possible, rotate your hands upward until they are in line with your shoulders to resemble the shape of a “W”. Rotate your palms downward before extending your elbows to lower your hands and return to the starting position.



Commandos



Start by placing your forearms (wrist to elbow) on a yoga mat and extending both of your legs behind you, resting on the balls of your feet. This is your starting position. Release your right forearm to place your hand firmly on the mat directly below your right shoulder and push up onto your right hand. Release your left forearm to place your hand firmly on the mat directly below your left shoulder and push up onto your left hand. Ensure that you keep your core activated to prevent your hips from swaying. Inhale. Release your right hand and lower your forearm to the mat, then release your left hand and lower your forearm to the mat to return to the starting position. Repeat this exercise, starting with your left arm. One rep is up left, up right, down left, down right (returning to starting position).

Seat Dips



Sit on the edge of the chair and grip the edge next to your hips. Your fingers should be pointed at your feet. Your legs are extended and your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair. Lower yourself until your elbows are bent 90 degrees. Slowly push yourself back up to the



start position and repeat. Control the movement throughout the range of motion.



Progression Chart

Week	Monday (Slow and Easy)	Tuesday	Wednesday (Fastest Time Possible)	Thursday	Friday (Long Run)
1	.5 Mile	-Ab list 1-2 -Upper Body list 1-2	.75 Mile	-Ab list 1-2 -Upper Body list 1-2	1.00 Mile
2	.75 Mile	-Ab list 1-3 -Upper Body list 1-3	1.00 Mile	-Ab list 1-3 -Upper Body list 1-3	1.25 Miles
3	1.00 Mile	-Ab list 1-4 -Upper Body list 1-4	1.25 Miles	-Ab list 1-4 -Upper Body list 1-4	1.5 Miles
4	1.25 Miles	-Ab list 1-5 -Upper Body list 1-5	1.5 Miles	-Ab list 1-5 -Upper Body list 1-5	1.75 Miles
5	1.5 Miles	-Ab list 1-6 -Upper Body list 1-6	1.75 Miles	-Ab list 1-6 -Upper Body list 1-6	2.00 Miles
6	1.75 Miles	-Ab list 1-7 -Upper Body list 1-7	2.00 Miles	-Ab list 1-7 -Upper Body list 1-7	2.25 Miles
7	2.00 Miles	-Ab list 1-8 -Upper Body list 1-8	2.25 Miles	-Ab list 1-8 -Upper Body list 1-8	2.5 Miles
8	2.25 Miles	-Ab list 1-9 -Upper Body list 1-9	2.5 Miles	-Ab list 1-9 -Upper Body list 1-9	2.75 Miles
9	2.5 Miles	-Ab list 1-10 -Upper Body list 1-10	2.75 Miles	-Ab list 1-10 -Upper Body list 1-10	3.0 Miles



10	2.75 Miles	-Ab list 1-11 -Upper Body list 1-11	3.0 Miles	-Ab list 1-11 -Upper Body list 1-11	3.25 Miles
11	3.0 Miles	-Ab list 1-12 -Upper Body list 1-12	3.25 Miles	-Ab list 1-12 -Upper Body list 1-12	3.5 Miles
12	3.25 Miles	-Ab list 1-13 -Upper Body list 1-13	3.5 Miles	-Ab list 1-13 -Upper Body list 1-13	3.75 Miles
13	3.5 Miles	-Ab list 1-14 -Upper Body list 1-14	3.75 Miles	-Ab list 1-14 -Upper Body list 1-14	4.0 Miles
14	3.75 Miles	-Ab list 1-15 -Upper Body list 1-15	4.0 Miles	-Ab list 1-15 -Upper Body list 1-15	4.25 Miles
15	4.0 Miles	-Ab list 1-16 -Upper Body list 1-16	4.25 Miles	-Ab list 1-16 -Upper Body list 1-16	4.5 Miles
16	4.25 Miles	-Ab list 1-17 -Upper Body list 1-17	4.5 Miles	-Ab list 1-17 -Upper Body list 1-17	4.75 Miles



Week 1

- Monday: .5 Mile run slow and easy
- Tuesday: Ab list 1-2 and Upper Body list 1-2
- Wednesday: .75 run fastest time possible
- Thursday: Ab list 1-2 and Upper Body list 1-2
- Friday: 1.0 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 2

- Monday: .75 Mile run slow and easy
- Tuesday: Ab list 1-3 and Upper Body list 1-3
- Wednesday: 1.0 run fastest time possible
- Thursday: Ab list 1-3 and Upper Body list 1-3
- Friday: 1.25 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 3

- Monday: 1.0 Mile run slow and easy
- Tuesday: Ab list 1-4 and Upper Body list 1-4
- Wednesday: 1.25 run fastest time possible
- Thursday: Ab list 1-4 and Upper Body list 1-4
- Friday: 1.5 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 4

- Monday: 1.25 Mile run slow and easy
- Tuesday: Ab list 1-5 and Upper Body list 1-5
- Wednesday: 1.5 run fastest time possible
- Thursday: Ab list 1-5 and Upper Body list 1-5
- Friday: 1.75 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside



Week 5

- Monday: 1.5 Mile run slow and easy
- Tuesday: Ab list 1-6 and Upper Body list 1-6
- Wednesday: 1.75 run fastest time possible
- Thursday: Ab list 1-6 and Upper Body list 1-6
- Friday: 2.0 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 6

- Monday: 1.75 Mile run slow and easy
- Tuesday: Ab list 1-7 and Upper Body list 1-7
- Wednesday: 2.0 run fastest time possible
- Thursday: Ab list 1-7 and Upper Body list 1-7
- Friday: 2.25 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 7

- Monday: 2.0 Mile run slow and easy
- Tuesday: Ab list 1-8 and Upper Body list 1-8
- Wednesday: 2.25 run fastest time possible
- Thursday: Ab list 1-8 and Upper Body list 1-8
- Friday: 2.5 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 8

- Monday: 2.25 Mile run slow and easy
- Tuesday: Ab list 1-9 and Upper Body list 1-9
- Wednesday: 2.5 run fastest time possible
- Thursday: Ab list 1-9 and Upper Body list 1-9
- Friday: 2.75 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside



Week 9

- Monday: 2.5 Mile run slow and easy
- Tuesday: Ab list 1-10 and Upper Body list 1-10
- Wednesday: 2.75 run fastest time possible
- Thursday: Ab list 1-10 and Upper Body list 1-10
- Friday: 3.0 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 10

- Monday: 2.75 Mile run slow and easy
- Tuesday: Ab list 1-11 and Upper Body list 1-11
- Wednesday: 3.0 run fastest time possible
- Thursday: Ab list 1-11 and Upper Body list 1-11
- Friday: 3.25 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 11

- Monday: 3.0 Mile run slow and easy
- Tuesday: Ab list 1-12 and Upper Body list 1-12
- Wednesday: 3.25 run fastest time possible
- Thursday: Ab list 1-12 and Upper Body list 1-12
- Friday: 3.5 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 12

- Monday: 3.25 Mile run slow and easy
- Tuesday: Ab list 1-13 and Upper Body list 1-13
- Wednesday: 3.5 run fastest time possible
- Thursday: Ab list 1-13 and Upper Body list 1-13
- Friday: 3.75 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside



Week 13

- Monday: 3.5 Mile run slow and easy
- Tuesday: Ab list 1-14 and Upper Body list 1-14
- Wednesday: 3.75 run fastest time possible
- Thursday: Ab list 1-14 and Upper Body list 1-14
- Friday: 4.0 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 14

- Monday: 3.75 Mile run slow and easy
- Tuesday: Ab list 1-15 and Upper Body list 1-15
- Wednesday: 4.0 run fastest time possible
- Thursday: Ab list 1-15 and Upper Body list 1-15
- Friday: 4.25 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 15

- Monday: 4.0 Mile run slow and easy
- Tuesday: Ab list 1-16 and Upper Body list 1-16
- Wednesday: 4.25 run fastest time possible
- Thursday: Ab list 1-16 and Upper Body list 1-16
- Friday: 4.5 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside

Week 16

- Monday: 4.25 Mile run slow and easy
- Tuesday: Ab list 1-17 and Upper Body list 1-17
- Wednesday: 4.5 run fastest time possible
- Thursday: Ab list 1-17 and Upper Body list 1-17
- Friday: 4.75 Mile long run
- Saturday: REST DAY
- Sunday: Spend 1 hour outside



Ab/ Core Workout

1. 10 Knee Hugs
2. 15 Crunches
3. 10 Leg lifts
4. 5 Jack knives
5. 15 Alt-knee
6. 5 Crunches
7. 5 Jack knives
8. 15 Backward sit ups
9. 5 Crunches
10. 15 Alt knee
11. 5 Jack knives
12. 30 Second plank hold
13. 5 Jack knives
14. 5 Crunches
15. 15 Regular sit ups
16. 5 Crunches
17. 5 Jack knives



Upperbody Strength Workout

1. 3 Push-up
2. 3 Incline Push-up
3. 20 Arm Circles
4. 10 Shoulder Tap while in plank
5. 20 yds Bear Crawl
6. 20 yds Crab Walk
7. 10 Standing YTW's
8. 3 Commandos
9. 4 Seat Dips
10. 3 Push-up
11. 3 Incline Push-up
12. 20 Arm Circles
13. 10 Shoulder Tap while in plank
14. 20 yds Bear Crawl
15. 20 yds Crab Walk
16. 10 Standing YTW's
17. 3 Commandos
18. 4 Seat Dips