

Tree Planter Training Program WEEK 8

	Week 8	What I Did
Day 1	Easy 5 min warm up	
	8 x (30s max; 30s easy)	
	Easy 4 min	
	Repeat	
	Total time	29 min
Day 2	Easy 5 min warm up	
	1 min Hardest	
	Easy 1 min	
	Repeat 5x more	
	Total time	17 min
Day 3	Upper Body	
	TheraBand Workout	
	Total time	20-30 min
Day 4	Fartlek	
	10 min aerobic	
	20s strength exercise	
	Repeat 5x without stopping	
	Total time	52 min
Day 5	Upper Body TheraBand	
	OR traditional weights	
	but do 30-60 min	
	Total time	20-30 min
Day 6	Day Off	
Day 7	Day Off	

THE NOTATION

4x (20s max; 40s easy)

- This means go as hard as you can for 20s (20s maximum effort)
- Recover for 40s (40s easy)
- Do this whole thing 4 times (So you have 4 hard 20s efforts and 4 easy 40s recoveries)

Easy 5 min

- This means do light work for 5 min to recover
- Repeat
- This means do the whole thing all over again - so you do 4 more hard efforts

Repeat

- This means do the whole thing all over again - so you do 4 more hard efforts
- Each hard effort is followed by an easy one to let you recover a bit, finishing with 5 min of easy work to warm down.

THERA-BAND PROTOCOL

Watch the Fit to Plant Video or visit <http://online.selkirk.bc.ca/treeplanting> before proceeding! This work out will help develop your reflexes so that when you plant your joints will be protected. It can also help protect areas where you may have had tendonitis in the past.

You can purchase your TheraBand kit from a Sports Medicine supply store, or directly from www.plant-a-tree.com. Remember it will only take one lost day to cost you more than the price of these training materials. **Planters who used this training program experienced 40% fewer injuries and illness than planters who did not - and they planted an average of 12.5% more trees than planters who did not train!**

1. Insert the banding into the door anchor according to the directions on the door anchor package or as shown in the video.

2. Place the door anchor in a door where you have some room to lift your arms and step forward without bumping into anything. Close the door, and make sure that no one will open the door while you are doing your workout. You really don't want to get whacked in the head by a flying door anchor!

3. Tie the handle onto the banding by feeding the banding through the loops, as shown in the video. The handle should be around the height that your shovel hand would be while carrying your shovel. Hold it horizontally or vertically as you would D- or staff-handle.

4. Put the second handle on the free end of the banding and put your foot into it, or pass this end of the banding around behind your back, and use the second handle for your draw hand. Face away from the door. Adjust the banding length so that there isn't any slack anywhere.

