

RECOVERY PROTOCOL

Training is one part of the complete program of preparing your body to plant. You can read about how what you eat can also help by visiting

<http://online.selkirk.bc.ca/treeplanting>

It's also very important to get enough rest. Think of your sleep time as part of the whole training package. Eight hours of sleep might seem like a waste of time when school, work or a party calls to you, but to get the most from your training, and to plant the most trees, you need time to let your body rebuild.

MORE INFORMATION

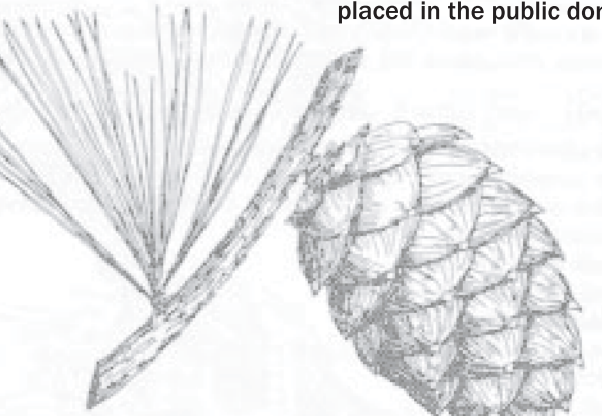
Visit <http://online.selkirk.bc.ca/treeplanting> for more information.

Good Luck and Good Planting!

DISCLAIMER

All individuals beginning a training program should check with their physician to ensure that there are no underlying health risks. Anyone who undertakes this training program does so entirely at their own risk.

Neither the author nor the sponsoring organizations may be held responsible in any way for any injury or illness that may occur during or following the use of this training program. These materials have been placed in the public domain.



	Week 5	What I Did
Day 1	Easy 5 min warm up	
	6 x (40s max; 30s easy)	
	Easy 5 min	
	Repeat	
	Total time 29 min	
Day 2	Easy 5 min warm up	
	3 min Hardest	
	Easy 2 min	
	Repeat twice	
	Total time 20 min	
Day 3	Upper Body	
	TheraBand Workout	
	Total time 20-30 min	
Day 4	Fartlek	
	5 min aerobic	
	2x (30s strength exercise; 10s easy)	
	Repeat 6x without stopping	
	Total time 38 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	Upper Body	
	TheraBand Workout	
	Total time 20-30 min	