

Tree Planter Training Program WEEK 4

	Week 4	What I Did
Day 1	Easy 5 min warm up	
	6 x (30s max; 30s easy)	
	Easy 4 min	
	Repeat	
	Total time 25 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	
	5 min aerobic	
	2x (20s strength exercise; 10s easy)	
	Repeat 8x without stopping	
	Total time 60 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	

Tree Planter Training Program WEEK 1

	Week 1	What I Did
Day 1	Easy 5 min warm up	
	4 x (20s max; 40s easy)	
	Easy 5 min	
	Repeat	
	Total time 23 min	
Day 2	Easy 5 min warm up	
	2 min Hardest	
	Easy 2 min	
	Repeat twice more	
	Total time 17 min	
Day 3	Upper Body	
	TheraBand Workout	
	Total time 20-30 min	
Day 4	Fartlek	
	5 min aerobic	
	4x (20s strength exercise; 20s easy)	
	Repeat 5x 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	