

## Tree Planter Training Program WEEK 6

	Week 6	What I Did	
Day 1	Easy 5 min warm up		
	6 x (40s max; 30s easy)		
	Easy 4 min		
	Repeat		
	Total time		27 min
Day 2	Easy 5 min warm up		
	1 min Hardest		
	Easy 1 min		
	Repeat 7x more		
	Total time		19 min
Day 3	Upper Body		
	TheraBand Workout		
	Total time		20-30 min
Day 4	Fartlek		
	5 min aerobic		
	40s strength exercise		
	Repeat 10x without stopping		
	Total time		57 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

## FARTLEK PROTOCOL

1. **Fartlek** is a Swedish word meaning "speed-play". This is a very versatile training method and it is widely used by athletes. The goal of this workout is to increase your overall fitness level, while adding on a little bit of specific strength work in a fun way.

2. Choose your method of endurance-aerobic workout. Running, cross-country skiing, cycling, rowing, stair-climber, or swimming will all do.

3. Begin a workout as you normally would with about 2 min at a comfortable pace, then complete the aerobic interval at a strong pace (you should be breathing so deeply that you could not easily carry on a conversation).

4. Without stopping moving, do your first exercise for the number of seconds given in your training booklet - as hard as you can. For example complete as many push-ups as possible in 30 sec. During the recovery interval try to just keep moving. Do another interval of the selected exercise (push ups in this case), followed by recovery as indicated in your training book.

5. After the last work interval, go back to your aerobic activity, starting a little easier and building the pace back up if need be.

6. Choose from the following for your exercise sets:

- Dips or reverse push-ups (see video)
- Push-ups or Pull-ups
- One handed push-ups (try to make sure you keep your body straight)
- Clapping push-ups (see video, keep body straight)
- Jumps (Try to tuck your legs up under your body - see video)
- Depth jumps (Start with jumping off of a box only 1 foot high and progress up to 18 inches minimize contact time with the floor, jump upwards as quickly and forcefully as possible)
- Any other back, abdominal, upper or lower body exercise that you like
- Agility drills: run or hop forward 2 steps, back 2 steps, side 2 steps, diagonally 2 steps etc.