

## Tree Planter Training Program WEEK 2

	Week 2	What I Did
Day 1	Easy 5 min warm up	
	6 x (20s max; 40s easy)	
	Easy 5 min	
	Repeat	
	Total time 23 min	
Day 2	Easy 5 min warm up	
	3 min Hardest	
	Easy 3 min	
	Repeat twice more	
	Total time 23 min	
Day 3	Upper Body	
	TheraBand Workout	
	Total time 20-30 min	
Day 4	Fartlek	
	4 min aerobic	
	2x (30s strength exercise; 30s easy)	
	Repeat 8x without stopping	
	Total time 48 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 3

	Week 3	What I Did
Day 1	Easy 5 min warm up	
	6 x (30s max; 30s easy)	
	Easy 5 min	
	Repeat	
	Total time 27 min	
Day 2	Easy 5 min warm up	
	3 min Hardest	
	Easy 2 min	
	Repeat twice more	
	Total time 20 min	
Day 3	Upper Body	
	TheraBand Workout	
	Total time 20-30 min	
Day 4	Fartlek	
	4 min aerobic	
	2x (40s strength exercise; 20s easy)	
	Repeat 6x without stopping	
	Total time 42 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	