

Training Log



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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.

This project was developed with the assistance of students and staff at the School of Digital Media, Music, and Information Technology, Selkirk College.



Injury Reduction and Performance Enhancement



for Tree Planters

PLANTERS NAME _____

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These materials have been made possible by collaboration between Weyerhaeuser Company Limited and The Forest Industry Safety Association of British Columbia.

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TRAINING LOG

PLANT TREES

GET FIT



PLANT MORE TREES!



GET FIT

ACKNOWLEDGEMENTS

Funding for the research projects was provided by Weyerhaeuser Company Limited through the Forest Engineering Research Council of Canada and the Forest Improvement Association of Alberta. Products were supplied by the Gatorade Sports Science Institute, Thera-Band, and Camelbak.

Thanks to all the treeplanters and contractors who gave so generously of their time, blood, and sweat.

Produced by the Multimedia School, Selkirk College, etc etc, Web design by Jason Friesen Etc.

FEEDBACK

Send me an email at droberts@selkirk.bc.ca

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



Why join this program?

- The fitter you are the more trees you will plant.

Planters who followed this program planted 12.5% more tree than planters who did not train. That's about 20\$/day more in your pocket.

- The fitter you are the less likely that you will be injured and lose money by having to slow down or not plant.

Planters who followed this program experienced 40% fewer injuries or illnesses than planters who did not train.

Are you willing to commit to the program?

These fitness workouts will help increase your planting income BUT you get back what you put into it. If you do want the benefits, you must be serious about doing the workouts as described below.

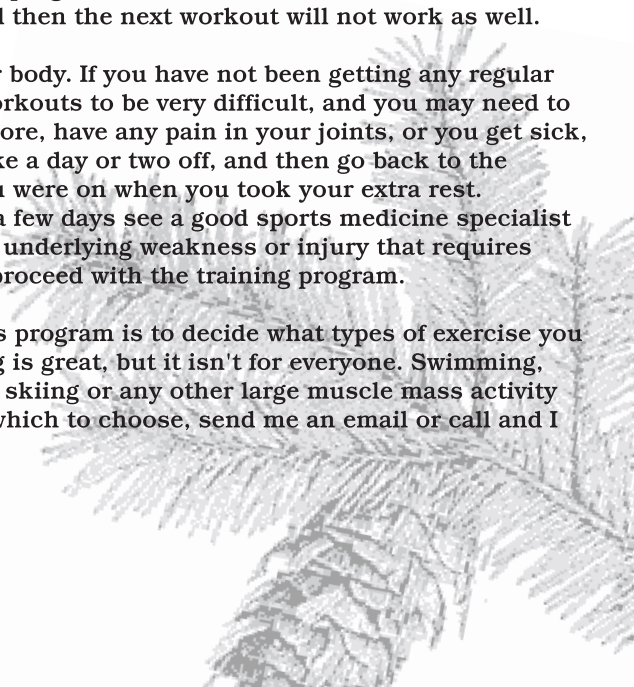
You can purchase your training equipment for about \$40 from a sport medicine store or directly from www.plant-a-tree.com.

YOUR TRAINING LOG

This training log will give you day-by-day instructions for your workouts. It is important to try and follow the program as it is written. Each workout has a specific effect, if one is missed then the next workout will not work as well.

You also need to listen to your body. If you have not been getting any regular exercise you will find these workouts to be very difficult, and you may need to take it slower. If you are very sore, have any pain in your joints, or you get sick, then you may need to rest. Take a day or two off, and then go back to the beginning of the cycle that you were on when you took your extra rest. For pain that lasts more than a few days see a good sports medicine specialist immediately. You may have an underlying weakness or injury that requires rehabilitation before you can proceed with the training program.

The first step in beginning this program is to decide what types of exercise you feel comfortable with. Running is great, but it isn't for everyone. Swimming, cycling, rowing, cross country skiing or any other large muscle mass activity will work. If you are not sure which to choose, send me an email or call and I will help you decide.



Record your workout, as completely and specifically as you can. Doing this will help to keep you on track. You need to record:

1. Type of activity
2. Duration or time
3. Intensity = how hard the work was

You can rank how hard the exercise was...

- According to depth and rate of breathing:
 - "Could still carry on a conversation"
 - "Breathing deep but not uncomfortable"
 - "Hard but still sustainable"
 - "Gasping for air"
- Any objective measure such as speed, incline, power, or weight
- Heart rate:
 - Place your middle and index fingers lightly at the side of your windpipe, just under your jaw.
 - If you don't feel a pulse move your fingers a little more to the side. Don't press too hard, a light touch is all that is needed.
 - Count the number of beats in 10 seconds, and record that number. You can multiply the 10 sec count by 6 to get beats/minute.
 - It's important to get a reading IMMEDIATELY upon stopping exercise, so practice a bit. After hard workouts your pulse will be very fast & hard to count.

INTERVAL WORKOUTS

- Interval workouts increase fitness faster than regular workouts.
- They are a mix of hard efforts and short rest or recovery bouts.
- Use any aerobic exercise mode that you like, running, biking, swimming, rowing, skiing, skipping
- You have to concentrate to really push hard during the work interval
- Try to move around during the rest interval, you will recover faster than if you sit or lay down
- Use the timer function on your watch or count off the seconds ("one thousand, two thousand...")
- The pacing on the longer intervals is difficult, go as hard as you can but still finish the interval (even if you think you can't, crawl if you have to - this is great mental training too).

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.

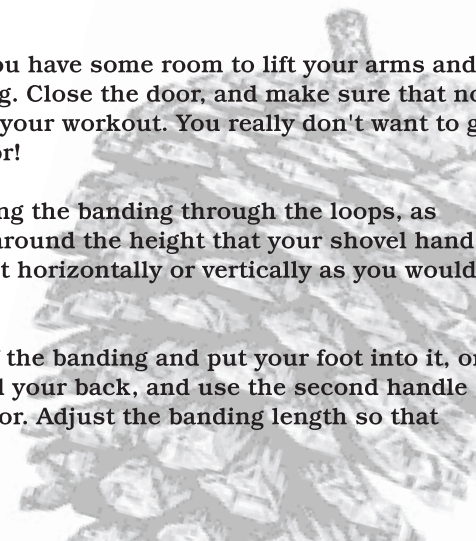
You can purchase your TheraBand kit from a Sports Medicine supply store, or directly from www.plant-a-tree.com. Remember it will only take one lost day to cost you more than the price of these training materials. **Planters who used this training program experienced 40% fewer injuries and illness than 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.



Tree Planter Training Program WEEK 7

5. Try lifting your shovel arm and moving it as though you were driving your shovel into the ground. It should feel hard to lift your arm, as well as hard to drive your arm downward. If there isn't enough resistance shorten the banding at the door anchor, or foot handle. You may have to adjust the positions of the handles.

6. The planting wrist should not be flexed, but should be in the neutral or straight position while doing these exercises. It's important that your wrist "learn" to stay in the straight position. This will help to protect you against injury.

7. Perform the exercise by first raising your planting arm as though you were lifting your shovel. Try to keep your arm and shoulder in the same position that you would if you were planting. Then drive the handle downward as though you were driving your shovel into the ground. Move your arm forward and back as though opening a hole, and then raise your arm back up into the first position.

8. You should feel tension from the banding resisting you driving the handle downward and also raising it back up. Try to mimic the planting motion in every way. Work bent over if you do so while you are planting. Even take a step forward, and place the tree - just as you would planting. Really imagine that you are out there on the block, planting trees.

9. Perform the movement between 20 to 30 times, with the rhythm similar to that which you would use while planting. If you do not feel any fatigue after 20 repetitions, or you can complete 30 reps, shorten up the banding. If you have shortened it right up and it is still not hard enough you can let the band out to the full length and then double it up.

10. Each work-out should begin with 10 easier TheraBand repetitions, followed by a bit of stretching. Then perform 20-30 reps of rotating the FlexBar in the forward direction, and 20-30 reps in the reverse direction. Be sure to come back to the neutral or horizontal position each time, holding that position for a couple of extra seconds. Also do some abdominal work, such as a set of 50 crunches, and then some reverse extensions (Back ups).

11. Complete 4 sets of 20 to 30 repetitions of the TheraBand exercise, resting for 1 to 2 minutes in between sets. Stretch out your hand and arm during the break. Finish with another set of FlexBar, abdominal work and reverse extensions.

12. Experiment with the positioning of the banding. If you stand closer to the door, the angle will produce a different pattern of work for your muscles than if you stand far away from the door. The same is true if you move to the side. Alternate the position so that your muscles are constantly exposed to something new. They will get stronger much faster that way.

13. You can add in additional exercises using the banding and FlexBar as you wish, but you should always do the set given above.

	Week 7	What I Did
Day 1	Easy 5 min warm up	
	6 x (40s max; 20s easy)	
	Easy 5 min	
	Repeat	
	Total time 27 min	
Day 2	Easy 5 min warm up	
	4 min Hardest	
	Easy 2 min	
	Repeat twice	
	Total time 23 min	
Day 3	Upper Body	
	TheraBand Workout	
	Total time 20-30 min	
Day 4	Fartlek	
	4 min aerobic	
	40s strength exercise	
	Repeat 6x without stopping	
	Total time 34 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 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.

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

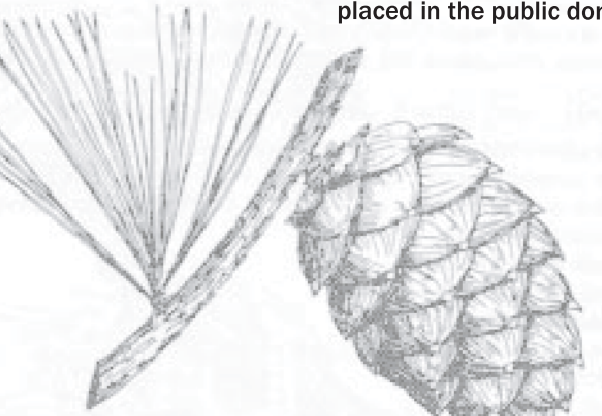
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Good Luck and Good Planting!

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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	

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	

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	