

# 2011

Summit Reforestation and  
Forest Management Ltd.

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## PLANTER FITNESS PROGRAM

In order to prepare for the upcoming planting season we have put together this fitness program. Our goal is to ensure that you are physically fit for the upcoming season. This program is based on the Fit to Plant program developed by Dr. Delia Roberts PhD in 2004 in conjunction with Weyerhaeuser, and the Forest Safety Council.

## INTRODUCTION

### WHY TRAIN FOR THE UPCOMING PLANTING SEASON?

Planting is an extremely physical activity. We are industrial athletes. We have a very short time to make as much money as we can. There are many things that make your season successful. We understand that you have many other goals outside of planting, and it is important to us that you have the money to do so. It is also important to us that you are strong and healthy at the end of the season. It is important that you are happy for the duration of the season. In order to finish the season as successfully it is vital that we start prepared.

Time in the field is short – every shift and a half you have finished 1/10<sup>th</sup> of your season. When you are working through the season it may seem to drag on, but the opportunity to make enough money for whatever your individual goals are disappears quickly.

There are only so many trees to go around – Any day that you don't plant as many trees as you can you are giving those trees to someone else. Training pre-season will help to ensure that your season is as successful as possible:

1. The fitter you are the more trees you will plant
2. By following this program you will be able to increase your daily production by up to 15% (12% on average) That may not seem like much but that could add up to about \$1500.00 for the season. (That's a new mountain bike, your text books for the school year, or a case a beer a week for the rest of the year, or a flight to Kathmandu or . . .)
3. By doing this program you will be about ½ as likely to lose time due to injury or illness (40% less likely to be injured or ill during the season.

### COMMIT TO PRE-SEASON TRAINING!

The workouts that we have provided here will help your planting, ONLY IF YOU DO THEM. You get back from this program what you put into it. Take the small amount of time necessary to do this workout program it will help you become a better planter.

There is a small amount of equipment that you will need to buy to do the complete program but these items are available for use at most gyms, or can be purchased for about \$40-50 online.

### BEFORE STARTING

#### Disclaimer

All individuals beginning a training program, or planning on coming planting should check with their physician to ensure that there are no underlying health risks. Anyone who undertakes this training program does so 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.

## YOUR TRAINING LOG

This book is both your guide and your training log. It provides day by day instructions, do your best to follow the program as it is written. Each workout has a specific physiological effect. The workouts are also intended to work together to make them the most effective.

Listen to your body. If you have not been getting regular exercise you will find the workouts especially difficult, you may need to slow down. Though some stiffness is expected, if you are feeling very sore, or you get sick, or especially if you have any pain in your joints, then you will need to extend your rest periods, either in your workouts or between your workouts. Take a day or two off, and then go back to the beginning of the cycle that you were on before the extra rest. If you have any pain that lasts more than a few days see a sports medicine specialist. You may have an underlying weakness or injury that will require rehabilitation before you can proceed with the training.

**Any underlying issues that limit your ability to complete this program must get dealt with before you come out planting. Planting is an extremely strenuous job and any underlying injury or weakness will make it impossible to do. It does not matter how much you want to plant it is not worth wrecking your body over.**

You have several options for the type of exercises you do in the cardio portions of the program. Running, cycling, swimming, rowing, cross country skiing, or any other large muscle mass activity will work. Choose one or a few and complete the program and be consistent with the options you have chosen.

## TRACKING YOUR TRAINING

Record your workouts in the following forms do this as specifically as you can. This will help you gauge your progress. You will need to record the following:

1. Type of activity
2. Duration and time of exercise
3. Intensity (how hard the exercise was)

There are several ways to measure your exercise intensity:

1. According to depth and rate of breathing (use the following guides):
  - a. Could carry on a conversation (mild)
  - b. Breathing deep but not uncomfortable (moderate)
  - c. Hard but still sustainable (high)
  - d. Gasping for air (extreme)
2. Any objective measure such as speed, incline, power, or weight
3. Heart Rate

## THE DIFFERENT TYPES OF WORKOUTS

### INTERVALS

Intervals increase fitness faster than regular workouts. They are a mix of hard sustained effort followed by short periods of rest and or recovery.

Use any type of aerobic exercise mode that you like, running, biking, swimming, rowing, skiing, and skipping are all good options.

It is important that you push your limits during the work interval. Keep moving for the rest intervals, at a low pace so you can recover as effectively as possible.

Use the timer on your watch to time off your interval durations.

It will very difficult to hold the pace on the longer intervals. Go as hard as you can but make sure you still finish the interval period – push all the way through to the end of the interval. Crawl if you have to! That is the mentality of a tree planter.

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### NOTATION USED IN THE LOG

4x (20s max; 40s easy)

- This means go as hard as you can for 20 seconds (maximum effort)
- Recover for the following 40 seconds (low to moderate effort)
- Do this for 4 complete sets (4 x 20 seconds, and 4 x 40 seconds recovery)

Easy 5 min

- This means do light work for 5 minutes for a full recovery
- Also do for warm-up and cool down periods

Repeat

- Do the whole thing over again (repeat the 4x section again)
- Each hard effort is followed by an easy rest period; each 4x is followed by an easy 5, then finish with an easy 5 for a cool down.

## THERA BAND

Watch the Fit to Plant Video at:

<http://selkirk.ca/research/faculty-research/tree-planting/plant-training-video>, before proceeding. This will provide a demonstration of proper technique for these exercises.

These exercises will help you develop your support muscles and your reflexes. This will help protect your joints from overuse injury. It will also help to protect areas where you may have had tendonitis in the past.

You can purchase a TheraBand Kit from a Sports Medicine Supply store, or most gyms will have these supplies on hand for you to use. It may seem like an expense now to buy the kit but it will pay for itself if you avoid one day of injury.

1. Insert the banding into the door anchor according to the package instructions, and as shown in the video.
2. Place the anchor in a door where you have some room to lift your arms and step forward without bumping into anything. Close the door and ensure no one will open it.
3. Tie the handle onto the banding by feeding it as shown in the video. The handle should be about the height your shovel handle would be, (about the height of your middle knuckle if you hold your arms at your sides. Hold the handle as you would your shovel handle.
4. Put the second handle on the free end of the banding and put your foot into it. Pass the banding behind your back; use the second handle for your draw hand. Face away from the door. Adjust the banding length so there is no slack in the set-up.
5. Use the actions of planting and lift and “drive your shovel” into the ground as if you were planting. It should be hard to drive your arm downwards. If you need more resistance shorten the banding.
6. Keep your wrist neutral and straight – you need to learn to not bend your wrist while using your shovel. Let the handle slide in your fingers, while holding just strong enough for it not to slip out of your hand.
7. Try to mimic the planting motion – repeat the following sequence 20-30 times
  - a. Lift the “shovel” up
  - b. Drive it into the ground
  - c. Move it forward and back
  - d. Bend down as if you were planting a tree
8. If you can repeat 30 reps it is time to tighten the banding
9. Start each workout with 10 reps of a fairly loose banding then increase the resistance and do your sets of 20-30 reps, mixed in with the FlexBar 20-30 reps in both the forward and back directions.
10. Complete 4 sets of 20-30 repetitions of the Theraband program.
11. As your wrists, elbows get stronger you can add in other exercises such as crunches etc but always do the 4 sets of Theraband workout.

## FARLEKS

The final type of training is the “Fartleks” (Swedish for speedplay). This is designed to keep building on your overall fitness while adding some extra exercises in to keep your overall conditioning up.

You can do this using whatever aerobic exercise you have chosen.

1. Begin your workout as for your intervals with 2 minutes of warmup at an easy pace followed by your intervals at a hard pace (you should not be able to hold a conversation because you are breathing so hard)
2. Now, without stopping complete the exercise in the training book for the time given: for example do as many push-ups as possible in 30 seconds.
3. Now do a recovery interval.
4. Repeat with exercise at the time given again
5. Repeat this until you do all of the stated intervals.
6. Now finish your regular interval workout as you would have regularly.
7. You can choose from the following exercise sets (there are many examples in the video):
  - a. Dips or reverse push-ups
  - b. Push-ups or pull-ups
  - c. One handed push-ups
  - d. Clapping push-ups
  - e. Tuck jumps
  - f. Depth jumps
  - g. Crunches or ab exercises
  - h. Agility Drills

## HIKING

These will likely be the most difficult to fit into a busy schedule. However, longer distance hikes at a low intensity level will encourage healing, and will also get your body used to long duration exercise – like planting. The intensity of your hikes should be low – moderate. It is more important to go for a longer time than at a higher pace for these. Go somewhere where you can relax and enjoy yourself.

## RECOVERY

The recovery days are just as important as the training days. You get stronger and fitter when you are resting after you have trained. Get 8-9 hours of sleep every night. Use the rest days to rest and get ready to plant.

If you have completed entire program, and still have time before the season starts repeat the last few weeks again to keep in as good a shape as you can.

Make sure your training stops 3 days before you start planting!

	Week 1 Plan	Week 1 Actual workouts
Day 1	Easy 5 minute warm-up	
	4x (20s max; 40s easy)	
	Easy 5 min	
	4x (20s max; 40s easy)	
	Easy 5 minutes	
	Total time 23 minutes	
Day 2	Easy 5 minute warm-up	
	3x (2 minutes max; 2 minutes recovery)	
	Total Time 17 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	5 minute aerobic	
	4x(20 sec strength; 20 sec recovery)	
	Repeat aerobic and strength 5x	
	Total Time 38 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Upper body Theraband 20-30 min.	
	Hiking 1-2 hours	

	Week 2 Plan	Week 2 Actual workouts
Day 1	Easy 5 minute warm-up	
	6 x (20s max; 40s easy)	
	Easy 5 min	
	6 x (20s max; 40s easy)	
	Easy 5 minutes	
	Total time 27 minutes	
Day 2	Easy 5 minute warm-up	
	3x (3 minutes max; 3 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	4 minute aerobic warm-up	
	2 x (30 sec strength; 30 sec recovery)	
	Repeat 8x without stopping (repeat aerobic and strength)	
	Total Time 38 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Upper body Theraband 20-30 min.	
	Hiking can 1-2 hours	

	Week 3 Plan	Week 3 Actual workouts
Day 1	Easy 5 minute warm-up	
	6 x (30s max; 30s easy)	
	Easy 5 min	
	6 x (20s max; 40s easy)	
	Easy 5 minutes	
	Total time 27 minutes	
Day 2	Easy 5 minute warm-up	
	3x (3 minutes max; 3 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	4 minute aerobic	
	2 x (40 sec strength; 20 sec recovery)	
	Repeat 6x without stopping (Repeat aerobic and strength)	
	Total Time 42 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Upper body Theraband 20-30 min.	
	Hiking 2-3 hours	

	Week 4 Plan	Week 4 Actual workouts
Day 1	Easy 5 minute warm-up	
	6 x (30s max; 30s easy)	
	Easy 4 min	
	6 x (20s max; 40s easy)	
	Easy 5 minutes	
	Total time 27 minutes	
Day 2	Easy 5 minute warm-up	
	5x (1 minutes max; 1 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	5 minute aerobic	
	2 x (20 sec strength; 10 sec recovery)	
	Repeat 8x without stopping (Repeat aerobic and strength)	
	Total Time 42 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Upper body Theraband 20-30 min.	
	Hiking 2-3 hours	

	Week 5 Plan	Week 5 Actual workouts
Day 1	Easy 5 minute warm-up	
	6 x (40s max; 30s easy)	
	Easy 5 min	
	6 x (40s max; 30s easy)	
	Easy 5 minutes	
	Total time 29 minutes	
Day 2	Easy 5 minute warm-up	
	2x (3 minutes max; 2 minutes recovery)	
	Total Time 20 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	5 minute aerobic	
	2 x (30 sec strength; 10 sec recovery)	
	Repeat 6x without stopping (Repeat aerobic and strength)	
	Total Time 42 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Upper body Theraband 20-30 min.	
	Hiking 3-4 hours	

	Week 6 Plan	Week 6 Actual workouts
Day 1	Easy 5 minute warm-up	
	6 x (40s max; 30s easy)	
	Easy 4 min	
	6 x (40s max; 30s easy)	
	Easy 4 minutes	
	Total time 27 minutes	
Day 2	Easy 5 minute warm-up	
	7x (1 minutes max; 1 minutes recovery)	
	Total Time 19 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	5 minute aerobic	
	40s strength	
	Repeat 10x without stopping (Repeat aerobic and strength)	
	Total Time 42 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Upper body Theraband 20-30 min.	
	Hiking 3-4 hours	

	Week 7 Plan	Week 7 Actual workouts
Day 1	Easy 5 minute warm-up	
	6 x (40s max; 20s easy)	
	Easy 5 min	
	6 x (40s max; 20s easy)	
	Easy 5 minutes	
	Total time 27 minutes	
Day 2	Easy 5 minute warm-up	
	2x (4 minutes max; 2 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	4 minute aerobic	
	40s strength	
	Repeat 6x without stopping (Repeat aerobic and strength)	
	Total Time 42 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Upper body Theraband 20-30 min.	
	Hiking 5-6 hours	

	Week 8 Plan	Week 8 Actual workouts
Day 1	Easy 5 minute warm-up	
	8 x (30s max; 30s easy)	
	Easy 4 min	
	8 x (30s max; 30s easy)	
	Easy 4 minutes	
	Total time 29 minutes	
Day 2	Easy 5 minute warm-up	
	6x (1 minutes max; 1 minutes recovery)	
	Total Time 17 minutes	
Day 3	TheraBand Workout	
	Total Time 20-30minutes	
Day 4	Fartlek	
	10 minute aerobic	
	20s strength	
	Repeat 5x without stopping (Repeat aerobic and strength)	
	Total Time 52 minutes	
Day 5	Upper Body TheraBand	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	Day Off	Ensure you have three days of rest before the first day of your plant. Day 1 of planting will usually be the day after you are told to meet by your foreman. If this is not happening after today, do the last week or two again to stay in top shape. Increase some of the intensity a little if you can.

