

BLUE COLLAR SILVICULTURE LTD.



Delia
Roberts

Planter Fitness Program

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

BEFORE YOU BEGIN:

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.

Your Training Log

This training log will give you day-by-day instructions for your workouts. Do your best to 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. The workouts are intended to work together to make them the most effective.

Listen to your body. If you have not been getting regular exercise you may find the workouts difficult and you may need to slow down. If you are feeling very sore, have any pain in your joints or you get sick, then you may 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.

Track Your Training

Record your workouts as completely and specifically as you can. This will help you gauge your progress and keep you on track. You will need to record the following:

1. Type of activity
2. Duration or 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
 - 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 second count by 6 to get beats/minute
 - It is important to get a reading IMMEDIATELY upon stopping exercise.
4. Electronic Device (Fitbit, Smart watch, etc.)

Different Types of Training

INTERVAL TRAINING

- Interval workouts 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, move at a low pace so you can recover as effectively as possible.
- Use a timer 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 even if you think you can't. Crawl if you have to! That is the mentality of a tree planter.

LOG NOTATION

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:
 - 1-20s max; 40s easy/
 - 2-20s max; 40s easy/
 - 3-20s max; 40s easy/
 - 4-20s max; 40s easy

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://www.selkirk.ca/treeplanting> or <https://vimeo.com/59437694> before proceeding.

This will provide a demonstration of proper technique for these exercises.

Thera band exercises challenge your muscles by creating resistance in multiple directions. You must use the band to stabilize against in order to maintain a correct movement pattern for each exercise. These exercises will help you develop your support muscles and your reflexes. This will help protect your joints from overuse injuries. 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 online, and 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 a day or season of injuries.

GETTING SET UP:

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

THE WORKOUT:

- Start each workout with 10 reps of fairly loose banding followed by some 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 few seconds.
- Complete 4 sets of 20-30 repetitions of the TheraBand program, resting for 1-2 minutes between sets. Stretch out your hand and arm during the break.
- Finish with another set of FlexBar rotations, abdominal work, and reverse extensions

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

FARTLEKS

The final type of training is the “Fartlek” (Swedish for speed-play). 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 - *Running, cross-country skiing, hiking, cycling, rowing, stair-climber, or swimming are some options*

1. Begin your workout with 2 minutes of warm-up 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 too hard)
2. Now, without stopping, do your first exercise for the number of seconds given in your training log – as hard as you can: for example do as many push-ups as possible in 30 seconds.
3. Now do a recovery interval – remember to keep moving.
4. Repeat the exercise again for the time given
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

Recovery

Rest and recovery is essential to any workout program and is just as important as the training days. Giving your body the rest it needs is vital to rebuild and strengthen your muscles. Try to get 8-9 hours of sleep a night and drink plenty of water. Use the rest days to rest and get ready to plant!

If you have completed the 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	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	3x (2 minutes max; 2 minutes recovery)	
	Total Time 17 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 4	Fartlek:	
	5 minute aerobic	
	4x(20 sec strength; 20 sec recovery)	
	Repeat aerobic and strength 5x	
	Total Time 38 minutes	
Day 5	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 6	Day Off	
Day 7	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	

Additional Notes

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	Week 2 Plan	Week 2 Actual workouts
Day 1	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	3x (3 minutes max; 3 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
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	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 6	Day Off	
Day 7	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	

Additional Notes

	Week 3 Plan	Week 3 Actual workouts
Day 1	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	3x (3 minutes max; 3 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
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	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 6	Day Off	
Day 7	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	

Additional Notes

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	Week 4 Plan	Week 4 Actual workouts
Day 1	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	5x (1 minutes max; 1 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
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	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 6	Day Off	
Day 7	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	

Additional Notes

	Week 5 Plan	Week 5 Actual workouts
Day 1	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	2x (3 minutes max; 2 minutes recovery)	
	Total Time 20 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
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	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30minutes	
Day 6	Day Off	
Day 7	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30minutes	

Additional Notes

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Week 6 Plan		Week 6 Actual workouts
Day 1	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	7x (1 minutes max; 1 minutes recovery)	
	Total Time 19 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 4	Fartlek:	
	5 minute aerobic	
	40s strength	
	Repeat 10x without stopping (Repeat aerobic and strength)	
	Total Time 42 minutes	
Day 5	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 6	Day Off	
Day 7	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	

Additional Notes

	Week 7 Plan	Week 7 Actual workouts
Day 1	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	2x (4 minutes max; 2 minutes recovery)	
	Total Time 23 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 4	Fartlek:	
	4 minute aerobic	
	40s strength	
	Repeat 6x without stopping (Repeat aerobic and strength)	
	Total Time 42 minutes	
Day 5	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 6	Day Off	
Day 7	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	

Additional Notes

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	Week 8 Plan	Week 8 Actual workouts
Day 1	Interval Training:	
	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	Interval Training:	
	Easy 5 minute warm-up	
	6x (1 minutes max; 1 minutes recovery)	
	Total Time 17 minutes	
Day 3	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 4	Fartlek:	
	10 minute aerobic	
	20s strength	
	Repeat 5x without stopping (Repeat aerobic and strength)	
	Total Time 52 minutes	
Day 5	TheraBand Workout	
	OR weight training (30-60min)	
	Total Time 20-30 minutes	
Day 6	Day Off	
Day 7	Day Off	Ensure you have three days of rest before the first day of your plant. If you have completed entire program, and still have time before the season starts repeat the last few weeks again

Additional Notes
