

Example Training Plan

Women's Bouldering Training Plan

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The athlete



Height: 5'6" + 3" ape index

Weight: 125 lb

Highest grade climbed: V7

Concerns: Carpal tunnel symptoms exacerbated with high volume training and full crimps

Goal: Climb an outdoor V8 by the end of December 2023

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Objectives and Goals

Goal: Climb an outdoor V8 by the end of December 2023

Improve lock-off strength with strength training, campusing, and static sub-maximal climbing

Improve finger strength in open- and half- crimp position through hangboard exercises

Improve problem reading abilities, movement efficiency and self analysis on climbs to increase quality attempts

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Requirements of Bouldering

Endurance	Ability to climb at a low to moderate-level for >1 minute	<ul style="list-style-type: none"> Improves power endurance Improves blood flow to forearms and recovery time Improves aerobic capacity
Power Endurance	Sustain sub-maximal contractions at high intensities for long duration	<ul style="list-style-type: none"> Improves anaerobic capacity at lower volumes Good for bouldering problems with sustained difficulty
Strength & Power	Exerting force at high velocities to aid in dynamic movement	<ul style="list-style-type: none"> Improving strength along with improving static movements Increases the difficulty limit of one's bouldering Part of building the base in each mesocycle
Conditioning & Mobility	Physical fitness and joint range of motion	<ul style="list-style-type: none"> Decreases injury through the strength and flexibility development of highly used and less used muscles
Finger Strength	Ability of the fingers to support the loading demands of training and climbing	<ul style="list-style-type: none"> Train high-intensity at low volume and low-intensity at high volume to reduce injury Train at the beginning of the session for better neurological adaptations

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Tests/Evaluations

Endurance	Unweighted hangboard endurance	<ul style="list-style-type: none"> On 20mm edge hang 6 seconds on and 4 seconds off. Repeat until failure
Power Endurance	Max unweighted pull-ups	<ul style="list-style-type: none"> Pull-ups performed using juggy holds on hangboard
Strength & Power	Max campusing	<ul style="list-style-type: none"> Using the largest edges on the campus board, begin with both hands on the lowest rung. Pull and reach one arm as high on the campus board as possible. Repeat on other side.
Conditioning & Mobility	Max weight 1 RM pull-up middle splits	<ul style="list-style-type: none"> Pull-ups performed using jugs on hangboard Middle splits measured distance from bottom of pubic bone to floor
Finger Strength	Max weight hangs	<ul style="list-style-type: none"> On 20mm edge on hangboard for 10 seconds

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Testing within the macrocycle

Testing: performed on the weekend prior to starting exercise plans, and re-tests are performed during the active rest weeks in each mesocycle. Each system of climbing is tested using the guide on the previous slide. In addition, 1 RM needs to be tested for the following lifting exercises:

- Deadlift
- Bench press

Variations: while many of the workouts and microcycle structures remain the same, 1RM max and perception of a flash grade changes with each mesocycle. A climbing exercise done in mesocycle 1 may be the same as in mesocycle 5, but the difficulty of bouldering problems will have increased.

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Season outline

As a recreational climber, outdoor climbing is available year round with travel!

Main peak: August 2023 Rocklands trip
Sub peaks: Every 8 weeks of training, there are 3 weeks allotted to focus on difficult, unstructured climbing and recovery. A Mesocycle is 11 weeks long and a microcycle is a week.

Feb. 25-March 18, 2023	Peak 1: Boulder locally in LCC, or head to Moir's valley, Red Rock, Bishop, Bea, or Moab
May 13-June 3, 2023	Peak 2: Boulder in Moir's valley, South Falls, Rockshop, Indawaco, Poudre, Needle Park, Leeswirth
July 30-August 19, 2023	Peak 3: Main peak: Rocklands, South Africa. No training, just outdoor climbing
Oct. 14-Nov. 4, 2023	Peak 4: Boulder in John's Valley, Little Cottonwood, Massachusetts State Park, Moir's Valley, Triassic, Moab
Dec. 30, 2023- Jan. 20, 2024	Peak 5: Start the new year climbing in Vegas, Moab, Bishop, Joshua Tree

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Breaking down the Macrocycle

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Overview

	Mesocycle																																																						
	Rest	Performance	Taper	Strength/Power	Strength/Power	Endurance	Endurance	Endurance	Strength/Power	Strength/Power																																													
Training Focus	Off-Season			Pre-Season			Target Season			Post-Season																																													
Mesocycle 1	Building Strength and Power			Building Power Endurance			Maintenance			Active Rest/Endurance																																													
Mesocycle 2	Mesocycle 1: Jan 1 - March 28			Mesocycle 2: March 29 - June 3			Mesocycle 3: June 4 - Aug 30			Mesocycle 4: Aug 31 - Nov 4																																													
Mesocycle 5	Mesocycle 5: Nov 5 - Jan 20																																																						
Mesocycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55
Stimulus	While many of the exercises for each mesocycle look the same, there is variation and progression in % 1 RM as well as interpretation of "flash grade". Testing is performed once per mesocycle, and the % 1 RM for lifting are based on these improvements. "Flash grade" refers to the level of boulder (typically seen as a number on the V-scale: V4, V5...) which can be completed in a single attempt. However, grades are rather subjective. Boulders are therefore chosen subjectively based on whether it was easy or difficult to complete in one attempt. Progression is seen with the increasing difficulty of bouldering and can be quantified using the V-scale, but it doesn't seem appropriate to pre-determine what my flash grade will be 4 months from now.																																																						

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Warm-up examples

Focus on fingers, shoulders, hips, core

- Banded external rotations x 10
- Banded internal rotations x 10
- Resistance band shoulder press x 10
- Sumo squats x 5
- Finger flicks x 25
- Wrist rolls x 10
- 2-3 easy problems to warm core

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Cool down examples

Focus on hips, shoulder, and back

- Cactus pose
- Lizard pose
- Butterfly pose
- Middle split attempt
- Forward fold
- Spinal twist

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Breaking down the mesocycle

Building the base extends to 5 weeks during the off-season

Pre-season and maintenance phase emphasize power endurance

Typical Mesocycle

- End 1 week: Active rest: light finger loading and focus on mobility
- Start: 4-5 weeks: Building base: Focus on max strength and power
- 2-3 weeks: Performance: Focus on climbing hard, supplemented with low intensity exercises
- 2-3 weeks: Increase volume and intensity: Focus on strength and power endurance
- 1 week: Taper: Decrease volume but not intensity of workout

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Breaking down the microcycle – off-season

Microcycle--Off-season, building strength and power							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Objective	Rest/Mobility	Finger strength, strength/power, conditioning	Endurance	Power endurance	Finger strength, strength/power, conditioning	Rest/mobility	Outdoor climb

The goal of this season is to build a solid foundation of finger strength and overall strength in the agonist and antagonist muscles. The week layout is different compared to other microcycles to include 2x the finger strength and conditioning to prepare for upcoming seasons.

Key exercises will include max deadhangs, small edge training, weighted pull-ups, lock off exercises, bench press, deadlifts, hammer curls, box jumps and core conditioning. Train hangboarding and campus boarding before weights or climbing.

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Sample microcycle – off-season

Purpose: Improve finger strength, one-arm lock-off capabilities, and overall muscle strength in arms, legs, and core.

Order: finger strength, lock-offs, and pull-ups are performed first. Once lifting, full body exercises are performed first, followed by multi-joint arm exercises, isolated joint exercises, and then core.

Reason: The necessity for finger, arm, and core exercises directly relate to climbing. Deadlifts improve the posterior chain and improves strength in horizontal terrain and lever training. Box jumps and single leg squats aid in foot pressure and explosive movements on the wall.

Finger strength strength/power (Monday/Thursday)					
Meso 1 & 5, micro 1-5, 45-49	Meso 2, 3, 4, micro 10-15, 23-26, 35-38	Intensity	Sets	Reps	Rest
Max deadhang (30mm)	85% 1RM	6	10sec	2min	
Small edge training (30mm)	7/10 RPE	6	7sec	2min	
Sleep wall lock-offs	6/10 RPE	4	4-6 moves	2min	
Weighted pull-ups	85% 1RM	5	3	2min	
Assisted archer pull-ups	purple resistance band	3	3	2min	
Single leg squats	Body weight	3	3	2min	
Deadlifts	80% 1RM	3	6	2min	
Box jumps	1/2 box	3	6	2min	
Bench press	80% 1RM	3	6	2min	
Dips	Body weight	3	6	2min	
Dumbbell flies	10 lbs	3	6	2min	
Hammer curls	15 lbs	3	6	2min	
Standing cable core rotations	10 lbs	3	6	2min	
Toes to bar	Body weight	3	5	2min	

***Small edge training only on Thursday sessions of off-season

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Sample microcycle – off-season

Endurance (Tuesday)		
Meso 1 & 5, micro 1-8, 45-49 Meso 2, 3, 4, micro 10-15, 23-30, 35-40		
Choose 1 per endurance session		
Exercise	Intensity	Description
Bouldering 4 x 4	Flash grade	Climb 1 problem 4 times in a row. Take 2 minutes rest and repeat for 4 total times with 4 boulder problems
Dot runs	Up to flash grade	Climb 15-20 problems with 1 minute rest in between 1 attempt each problem
Every minute on the minute (EMOM) for 30 minutes	Low end of flash grade	Climb 1 problem at the start of every minute. Rest time is the time remaining after finishing the climb
Top rope laps ***	Flash grade	Climb 5-7 top rope routes with ~90 seconds in between routes
Drop intervals	Flash grade and below	Climb 6 different boulders in a row, beginning with the most difficult one first. Take 2 minutes rest and repeat for 6 total sets

***Top rope laps more likely to be used during active rest or post-season training

Purpose: Improve aerobic capacity at sub-maximal bouldering levels. Sub-maximal problems are repeated and as the athlete gets tired, it becomes more important to climb efficiently with good technique.

Order: warm-up followed by one of the endurance exercises listed, followed by a cool-down.

Reason: Choosing repeatable boulders and routes allows focus on economy of movement, half-crimp positions, and foot placement, improving the overall flow of climbing in addition to the oxidative capacity of the forearms.

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Sample microcycle – off-season

Purpose: Improve explosive, short-duration effort on near maximal bouldering.

Order: warm-up followed by one of the power endurance exercises listed, followed by a cool-down. The first power endurance exercise (choosing between the two) is done during the base building (strength and power phase) of each mesocycle and the second *** is done during the latter phase of strength/power endurance as well as the taper week.

Reason: Choosing difficult yet repeatable boulders harnesses the acquired strength as well as the dynamism needed for cruxy stunts. The 6 in 6 workout** develops power endurance for shorter bouldering sequences before progressing to Boulder Triples*** which provides the same benefit but for longer boulder sections prior to performance weeks.

Power endurance (Wednesday)		
**Meso 1 & 5, micro 1-5, 45-49 Meso 2, 3, 4, micro 10-15, 23-26, 35-38		
***Meso 1 & 5, micro 6-8, 52-53 Meso 2, 3, 4, micro 15-19, 27-30, 39-43		
Exercise	Intensity	Description
6 hard boulders in 6 minutes (system board training)	Higher end of flash grade	Climb 4-6 move bouldering problem on the Moonboard at the start of every minute, resting for the remainder. Rest 5 minutes and repeat process with 2 different boulders
4x4 bouldering	Flash grade	Climb 4 different boulders in a row and take a 3 minute rest. Repeat for 4 sets
Boulder Triples	Higher end of flash grade	Choose 3 6-8 move boulders. Climb a boulder, rest for a minute, and repeat 3 times. Take three minutes rest and repeat with two other boulders. Repeat process for all three boulders for 6 sets of 3 reps

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Breaking down the microcycle – pre-season

Microcycle--Pre-season, building power endurance							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Objective	Outdoor climb	Rest/mobility	Finger strength, strength/power, conditioning	Endurance	Power endurance	Rest/mobility	Outdoor climb

The pre-season includes one more day of outdoor climbing since limit bouldering is a power endurance effort. Finger strength and overall strength are well adjusted to increase intensity on finger loading while climbing.

Key exercises for power endurance include 4 x 4 bouldering, boulder triples, 6 hard boulders in 6 minutes.

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Sample microcycle – pre-season

Purpose: Improve finger strength, one-arm lock-off capabilities, and overall specifically muscle power.

Order: finger strength, lock-offs, and pull-ups are performed first. Exercises for bar fights are repeated in a row with 2 minutes rest in between each set.

Reason: Since strength was worked in microcycles prior, power will be focused on now so the athlete can capitalize on power endurance by the time of peaking performance

Finger strength strength/power (Tuesday)					
Meso 2, micro 10-15, 23-26	Meso 1, 3, 4, 5, micro 6-7, 27-29, 39-40, 50-53	Intensity	Sets	Reps	Rest
Max deadhang (30mm)	90% 1RM	6	10sec	2min	
Sleep wall lock-offs	6/10 RPE	4	4-6 moves	2min	
Weighted pull-ups	90% 1RM	5	3	2min	
Assisted archer pull-ups	purple resistance band	3	4	2min	
Single leg squats	Body weight	3	3	2min	
Bar fight: Do all 8 exercises in a row	3 sets with 2 minutes rest in between RPE 4-5				
Bar push-up	Body weight	3	8	-	
Bent over row	55 lbs	3	8	-	
Push press	55 lbs	3	8	-	
Deadlift	55 lbs	3	8	-	
Front squat	55 lbs	3	8	-	
Back squat	55 lbs	3	8	-	
Hang clean	55 lbs	3	8	-	
Bar roll out (on knees)	55 lbs	3	8	-	

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Sample microcycle – pre-season

Purpose: Improve aerobic capacity at sub-maximal bouldering levels. Sub-maximal problems are repeated and as the athlete gets tired, it becomes more important to climb efficiently with good technique.

Order: warm-up followed by one of the endurance exercises listed, followed by a cool-down.

Reason: Choosing repeatable boulders and routes allows focus on economy of movement, half-crimp positions, and foot placement, improving the overall flow of climbing in addition to the oxidative capacity of the forearms.

Endurance (Wednesday)		
Meso 2, micro 12-19 & meso 1, 3, 4, 5, micro 1-8, 23-30, 35-41, 45-51		
Choose 1 per endurance session		
Exercise	Intensity	Description
Bouldering 4 x 4	Flash grade	Climb 1 problem 4 times in a row. Take 2 minutes rest and repeat for 4 total times with 4 boulder problems.
Dot runs	Up to flash grade	Climb 15-20 problems with 1 minute rest in between. 1 attempt each problem.
Every minute on the minute (EMOM) for 30 minutes	Low end of flash grade	Climb 1 problem at the start of every minute. Rest time is the time remaining after finishing the climb.
Top rope laps ***	Flash grade	Climb 5-7 top rope routes with ~90 seconds in between routes.
Drop intervals	Flash grade and below	Climb 6 different boulders in a row, beginning with the most difficult one first. Take 2 minutes rest and repeat for 6 total sets.

***Top rope laps more likely to be used during active rest or post-session training

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Sample microcycle – pre-season

Purpose: Improve explosive, short-duration effort on near maximal bouldering.

Order: warm-up followed by one of the power endurance exercises listed, followed by a cool-down. The first *** power endurance exercise (choosing between the two) is done during the base building (strength and power phase) of each mesocycle and the second *** is done during the latter phase of strength/power endurance as well as the taper week.

Reason: Choosing difficult yet repeatable boulders harnesses the acquired strength as well as the dynamism needed for crux stunts. The 5 in 6 workout*** develops power endurance for shorter bouldering sequences before progressing to Boulder Triples*** which provides the same benefit, but for longer boulder sections prior to performance weeks.

Power endurance (Thursday)		
Meso 2, micro 12-15 & meso 1, 3, 4, 5, micro 1-5, 23-25, 35-38, 45-49		
Meso 2, micro 12-19 & meso 1, 3, 4, micro 6-8, 23-30, 30-41, 50-51		
Exercise	Intensity	Description
6 hard boulders in 6 minutes (system board training)	Higher end of flash grade	Climb 4-6 move bouldering problem on the Moonboard at the start of every minute, resting for the remainder. Rest 5 minutes and repeat process with 2 different boulders.
***4x bouldering	Flash grade	Climb 4 different boulders in a row and take a 3 minute rest. Repeat for 4 sets.
***Boulder Triples	Higher end of flash grade	Choose 3 6-8 move boulders. Climb a boulder, rest for a minute, and repeat 3 times. Take three minutes rest and repeat with two other boulders. Repeat process for all three boulders for 6 sets of 3 reps.

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Breaking down the microcycle – target season

Microcycle--Target season, maintenance (taper week)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Objective	Rest/mobility	Finger strength, strength/power, conditioning	Rest/mobility	Endurance	Power endurance	Rest/mobility	Outdoor climb

The target season microcycle follows the same structure as the pre-season. The performance phase lasts three weeks instead of two and consists solely of bouldering outside and mobility work. This microcycle will focus on the taper week of the maintenance phase and that of the other mesocycles.

Warming up, recovery, and injury prevention are important to the mesocycle leading up to the long climbing trip. Internal and external shoulder rotations, wrist stretching, and hip and ankle mobility are areas to target during warm-up and cool down. Focusing on proper nutrition and appropriate finger loading are beneficial too. During the taper week, the second day of outdoor climbing is replaced with rest/mobility

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Sample microcycle – target season

Purpose: Improve finger strength and one-arm lock-off capabilities. During taper microcycles, the weightlifting load will be reduced but still target fingers, one arm strength, legs and antagonist muscles in bench press.

Order: finger strength, lock-offs, and pull-ups are performed before lifting with legs, and then arms. Core is last.

Reason: Power endurance was worked in the last microcycle. In addition to the volume decreasing, the intensities for some exercises from the strength building phases have decreased. The intent is to perform these exercises with more explosiveness.

Finger strength/strength/power (Monday)				
Meso 3, micro 30 & meso 1, 2, 4, 5, micro 8, 19, 41, 51				
	Intensity	Sets	Reps	Rest
Max deadhang (20mm)	90% 1RM	6	30 sec	2 min
Small edge leaning (10mm)	75% RPE	6	7 sec	2 min
Sleep well lock-offs	60-80 RPE	4	4-6 moves	2 min
Weighted pull-ups	80% 1RM	5	3	2 min
Assisted archer pull-ups	purple resistance band	3	4	2 min
Single leg squats	Body weight	3	3	2 min
Deadlifts	80% 1RM	3	4	2 min
Bench press	80% 1RM	3	4	2 min
Dips	Body weight	3	2	2 min
Standing cable core rotations	50 lbs	3	8	2 min

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Sample microcycle – target season

Purpose: Improve aerobic capacity and movement efficiency at sub-maximal bouldering levels.

Order: warm-up followed by one of the endurance exercises listed, followed by a cool-down.

Reason: There are fewer options than other microcycles. These are short but impactful workouts to help reduce total time climbing for this week. The top rope option is available depending on how the athlete's fatigue is and how they are feeling about their recovery

Endurance (Wednesday)		
Meso 3, micro 30 & meso 1, 2, 4, 5, micro 8, 19, 41, 51		
Choose 1 per endurance session		
Exercise	Intensity	Description
Every minute on the minute (EMOM) for 30 minutes	Low end of flash grade	Climb 1 problem at the start of every minute. Rest time is the time remaining after finishing the climb.
Top rope laps ***	Flash grade	Climb 5-7 top rope routes with ~90 seconds in between routes.
Drop intervals	Flash grade and below	Climb 6 different boulders in a row, beginning with the most difficult one first. Take 2 minutes rest and repeat for 6 total sets.

***Top rope laps more likely to be used during active rest or post-session training

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Sample microcycle – target season

Purpose: Improve explosive, short-duration effort on near maximal bouldering.

Order: warm-up followed by one of the power endurance exercises listed, followed by a cool-down.

Reason: Choosing difficult yet repeatable boulders harnesses the acquired strength as well as the dynamism needed for crux stunts. The athlete would choose 6 in 6 system board training, if the fingers and wrist are feeling like they can handle loading. Boulder triples are if the system board seems like it would be treaky on the fingers.

Power endurance (Thursday)		
Meso 3, micro 30 & meso 1, 2, 4, 5, micro 8, 19, 41, 51		
Choose one		
Exercise	Intensity	Description
6 hard boulders in 6 minutes (system board training)	Higher end of flash grade	Climb 4-6 move bouldering problem on the Moonboard at the start of every minute, resting for the remainder. Rest 5 minutes and repeat process with 2 different boulders.
Boulder Triples	Higher end of flash grade	Choose 3 6-8 move boulders. Climb a boulder, rest for a minute, and repeat 3 times. Take three minutes rest and repeat with two other boulders. Repeat process for all three boulders for 6 sets of 3 reps.

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Breaking down the microcycle – post-season

Microcycle--Post-season, active rest/endurance (performance week)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Objective	Outdoor climb	Rest/mobility	Finger strength, conditioning	strength/power	Rest/mobility	Outdoor climb	Outdoor climb

The post-season is the shortest season, starting with two active rest weeks after the trip, along with one rest week at the end. The goal of this time is active recovery and endurance. While the structure of the microcycle stays the same, outdoor climbing will be directed at more sub-maximal bouldering for volume, and the endurance days will include more top rope and sport climbing.

Key endurance workouts include 1 minute on 1 minute off on top rope, dot runs, and bouldering ladders. The performance week presented is the same format for all performance weeks, reducing intensity and load but still having elements of power, gradual finger loading, and mobility. However, the performance weeks for the target season will involve 4-5 days of climbing per week, with the remaining days focused on mobility and recovery through sleep and good nutrition

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Sample microcycle – post-season

Purpose: Lightly load finger and prevent injury to perform well on climbing days.

Order: Finger strength and power pull-ups are performed first, then legs and ending with core.

Reason: The purpose of these weeks are performance so for finger strength and conditioning, the athlete is gently loading fingers and the rest of body to keep fresh for the additional days of outdoor climbing.

Finger strength/conditioning (Tuesday) (Performance week)					
Meso 5, micro 53-54 (8 meso 1, 2, 3, 4, micro 9-10, 10-21, 20-23, 40-43)	Intensity	Sets	Reps	Rest	
Hangs with feet off the ground (30min)	5/10 RPE	5	10sec	2 min	
Power pull-ups	light resistance band	3	5	2 min	
Single leg squats	body weight	3	3	2 min	
Standing cable core rotations	10 lbs.	3	6	2	

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Sample microcycle – post-season

Purpose: Improve one arm lock-off position and dynamism on the wall.

Order: warm-up followed by the exercise listed, followed by a cool-down.

Reason: Instills the try hard attitude and focus on pulling power for outside problems with may have poor feet of big moves.

Strength and power (Wednesday) (Performance week)					
Meso 5, micro 53-54 (8 meso 1, 2, 3, 4, micro 9-10, 10-21, 20-23, 40-43)	Intensity	Sets	Reps	Rest	
Compuing downstairs	4-6 moves on V0-V2	3	5	3 min	

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Breaking down the microcycle – rest week

Microcycle--Rest week (mesocycle 1-5, microcycle 11, 22, 34-35, 44-55)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Objective	Rest/mobility	Finger strength	Rest/mobility	Endurance	Rest/mobility	Rest/mobility	Gym climb

Purpose: The rest week(s) of each mesocycle are focused on rest/mobility, recovery, and good nutrition.

Reason: Finger strength is included because easy loading of tendons is beneficial for recovery and injury prevention. Endurance through top rope laps is easy sub-maximal movement where the focus can be directed to using whole body movements to reduce the loading on the finger or arms.

Endurance exercise	Intensity	Description
Top rope laps	Flash grade	Climb 6-7 top rope routes with ~60 seconds in between routes

Finger strength exercise	Intensity	Sets	Reps	Rest
Hangs with feet off the ground (30min)	5/10 RPE	5	10sec	2 min

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Rest and Mobility for all microcycles

Purpose: Improve recovery and hip mobility on the wall

Order: Depending on the intensity of the current week choose one of the three exercises appropriate for the level for fatigue or time restraints.

Reason: Having flexibility supported by strength allows the legs to perform more work while climbing, allowing technique to compensate for strength deficiencies, and resulting in less finger loading.

Rest and Mobility		
Structure for all mesocycles and allotted days in microcycle variations		
Choose one of the following exercises each session		
Exercise	Intensity	Description
Hip mobility	4/10 RPE	20-30 sec hold from the middle of the cable pulley
Ashanga yoga	4/10 RPE	Climb 15-20 problems with 1 minute rest in between 1 attempt each problem
Vinyoga	2/10 RPE	Climb 1 problem at the start of every minute. Rest time is the time remaining after finishing the climb.

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Outdoor climbing for all microcycles

Purpose: To benefit from training all climbing systems by completing climbs, and to improve finger strength and coordination on asymmetrical outdoor holds and different weather conditions.

Order: Warm-up, climb, and then recovery.

Reason: Outdoor climbing differs from indoor climbing due to the difference in holds, rock types, and conditions. While indoor training prepares an athlete for most of the demands for outdoor climbing, there is no substitute for climbing outside.

Outdoor bouldering	
Exercise	Description
Warm-up	Includes the hike to the boulder, banded internal/external rotations, lunges, and 2-3 easy V0-V2 climbs.
Climb	Progressing towards harder climbing and increasing volume as the mesocycle continues. During microcycle 9-10, 20-21, 31-32, 42-43, and 53-54, outdoor climbing intensity and volume are at the highest as the intention of the training plan shift to performance.
Recovery	Emphasizing protein and carbohydrate intake during climbing trips and icing wrist and fingers to reduce symptoms of carpal tunnel and prevent finger injuries.

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Conclusion

Predicted outcomes with the macrocycle:

- Increased finger strength—results in ability to hold onto smaller holds
- Increased bouldering endurance—results in longer problems being able to be climbed
- Increased power endurance—results in having the energy for harder sequences to be able to be worked through
- Increased power/conditioning—results in more dynamic movements, greater lock-off ability, and posterior chain engagement
- Increased mobility—results in usable flexibility and potential beta breaking for difficult problems

This combines to:

- ★ Improve the difficulty in flash and projecting grade by at least one V grade—with increase in physical strength, technical ability and the efficiency of movement, there's also the improved cognitive ability to route read and understand body positions for specific beta

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References

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