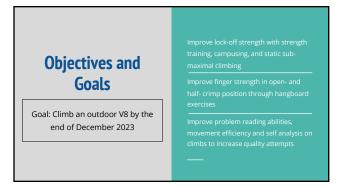
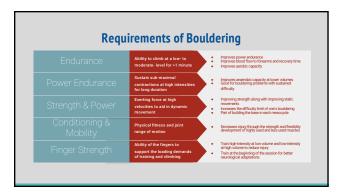
# Example Training Plan



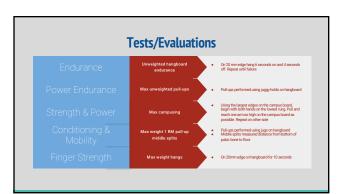


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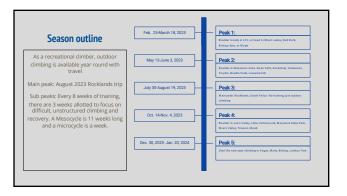


Testing within the macrocycle

Testing: performed on the weekend prior to starting exercise plans, and retests 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 testing 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.



Breaking down the Macrocycle

7 8

 Warm-up examples

Focus on fingers, shoulders, hips, core

Banded external 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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9 10

Cool down examples

Focus on hips, shoulder, and back

Lizard pose

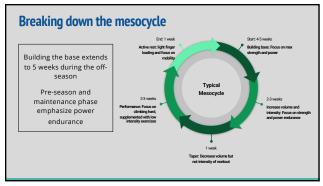
Butterfly pose

Middle split attempt

Forward fold

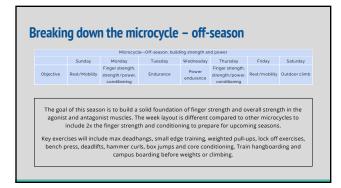
Spinal twist

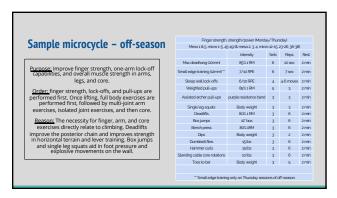
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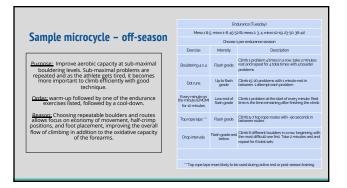
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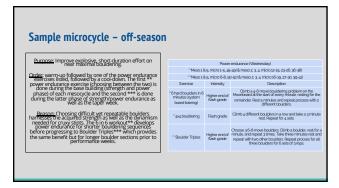
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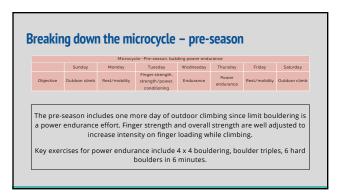


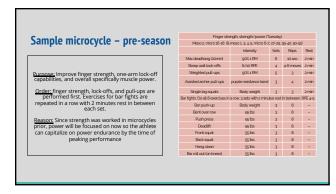
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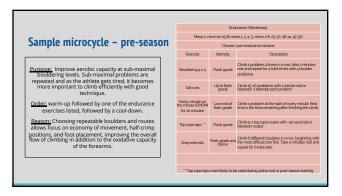


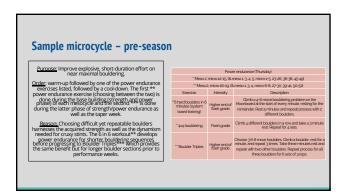
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Breaking down the microcycle – target season

Mcrocycle--Target season, maintenance (taper week)

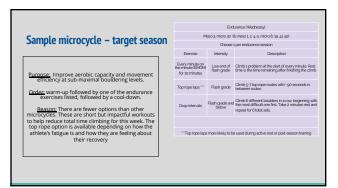
Sunday Monday Tuesday Wednesday Thursday Friday Saturday
Pinger strength,
dengmt/power,
conditioning

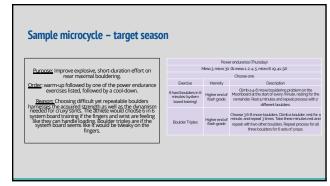
The target season microcycle follows the same structure as the pre-season. The performance phase lasts three
weeks instead of two and consists solely of bouldering outside and mobility work. This microcycle will focus on
the taper week of the maintenance phase and that of the other mesocycles.

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

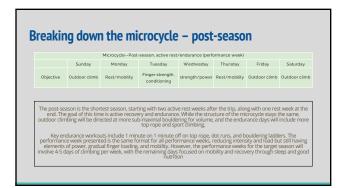


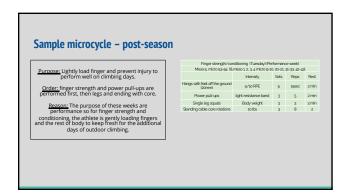
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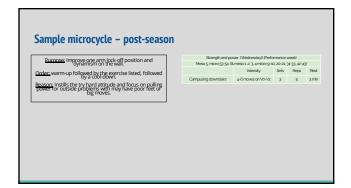


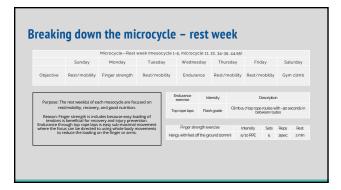
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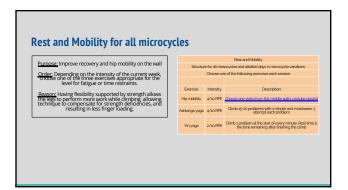


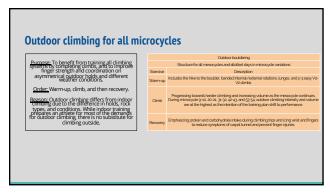
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29 30

## 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 dimbed
  Increased power endurance-results in having the energy for harder sexpanners to be able to be worked through
  Increased power forodificing-results in more dynamic movements, greater lock off ability, and posterior chain engagement.
  Increased infootility-results in subset ferbility and potential beta betwein; of driftcut 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

### References

Bechtel, S. (2021). Logical Progression: Building Training Programs for Year-round Climbing Performance (Climb Strong, Ed.) Second edition

Hörst, E. J. (2008). Training for Climbing: the Definitive Guide to Improving Your Performance (Falcon, Ed.) (Third edition).

Randall, T. (2019, January 7). Training Series: Endurance. Lattice Training, Retrieved December 4, 2022, from https://latticerarining.com/blog/