

EDITION III

CLIMBING WORKOUTS

ESSENTIAL TRAINING



TRAINING PROGRAM, PLANNING, SCHEDULING,
GOAL SETTING, RUTINES, DRILLS, EXERCISES
WORKSHEETS, MINDSETS, GAMES,
CONDITIONING AND MORE.

-BEGINNER
-INTERMEDIATE
-ADVANCED

Climbing Fitness and Performance

Climbing Workouts Essential Training

4 WEEK TRAINING PROGRAM

12 SESSIONS

INTENSITY LEVEL: BEGINNER - INTERMEDIATE - ADVANCED

MAIN GOAL: TRAINING FOUNDATION TO IMPROVE STRENGTH AND ENDURANCE

DURATION: 12 SESSIONS

Edition 3 - 2016

By : Climbing Workouts

www.climbingworkouts.com



- Improves concentration levels
- Increases body movement repertoire
- Strengthen the tendons
- Develops muscle power
- Increases stamina and cardio
- Keeps you energized and motivated

Content Modules

From concepts to preparation to execution and assessment this manual will walk you through the training methods to improve your climbing. All the sequence of exercises including resting times and methods are explained in this guide. For video visuals of more drills and moves, got to www.youtube.com/climbingworkouts

Motivation drives the best training so it is recommend training for a specific objective such as an outdoor climbing trip, competition or sending your sport climbing project. Your chosen goal will not only drive your training when you rather take a day off but also allow you to cater the drills in this manual to what will fuel your best results.

Manual-based training lacks the in-person coaching element to tweak and push your training so to ensure you fully understand what you are doing, why, how and whether the intensity is enough, this program is broken out in four sections:

CONCEPTS

PREPARATION

EXECUTION

ASSESSMENTS



Climbing Workouts Essential Training - EDITION 3

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CONCEPTS

- Goals of Essential Training Program (ETP)
- Using the Essential Training Program (ETP)
- Understanding The Regime and Periodization of ETP
- Understanding The Regime and Periodization of ETP

PREPARATION

- Understanding The Regime and Periodization of ETP
- Phases and Energy Types
- 4 Week Training Plan Schedule (Example)
- 4 PHASES of essential training
- Critical Success Factors
- Variations of the Program
- 4 Week Core Program Timeline
- Minimum Requirements
- The Recommended Tools for optimal results on ETP
- Movement-First Based Training
- Setting Goals: Benchmarking and Examples
- Overall Session Timeline

EXECUTION

- Isometrics
- Technical Movements
- Boulders on mixed angles
- Power Endurance Sequences
- Timed Climbing Sets
- Progressive Sequences
- Medium Distance Timed Climbing
- High Endurance Sequences
- Long Distance Low Intensity Timed Climbing

ASSESSMENTS

- Bouldering Test
- Lead Climbing Test
- The climbing workouts official booster
- Keeping a training diary with your notes
- Preventing injuries and training safety

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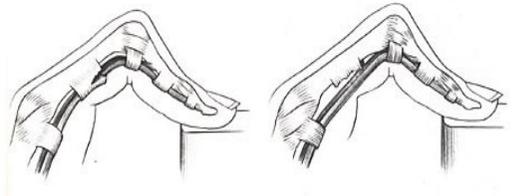
CONCEPTS

Goals of Essential Training Program (ETP)

Being motivated and dedicated is the key to reaching any goal. This program will show intermediate and advanced climbers how to get stronger, technical and gain endurance, but you have to work for it. The exercises selected will focus on:

- Improvements in overall climbing technique and movement efficiency
- Increase movement repertoire
- Improvement of bouldering skills
- Improvement of lead climbing skills
- Maximum finger & contact strength
- Maximum arm strength - traction & locking off
- Maximum core and body tension
- Gains in Stamina
- Improvements in movement precision

Being determined to succeed and refusing to take a break or give up. This is how you need to approach your training. Effective training means more than talent, so bottom line is: Work hard. That said, always be cautious not to overtrain. If you are extremely tired during training, unmotivated, and/or not improving, take a break from training. Just go out and climb for fun. Training is a very demanding routine. Push yourself but don't burn out.



A very common injury training is a finger tendon pull. Be careful not to abuse your fingers during a training program, as they can get strong but they can get injured easily. Warm up well and build intensity slowly. If your fingers feel excessive soreness or pain, stop your drill and change your workout for full body conditioning followed by 1-2 rest days.

Using the Essential Training Program (ETP)

The goal of essential training is to transfer skills and empower you to create a structure to your climbing from how many days you should hit the gym to how to structure your time at the gym to best improve your climbing. As you test and tweak your training regimen to your goals and results, the more effective the training will be.

In the past, the climber's mentality towards seeing improvement was just to climb more which can work if that is your full time pursuit but realistically most of us have jobs, homes to clean and mouths to feed so our time climbing needs to be as efficient and effective as possible. Having a clear structure of what you are going to achieve in a climbing session can keep you accountable during your workouts and avoid slugging or chatting through your training.

Advantages of essential training program over regular casual sessions

Advantages of essential training program over regular casual sessions	
Objectives	Clear aim of what skills you are developing or improving.
Structure	Clear steps of the drills, reps and exercise placement within the program.
Dosification	Optimal levels of intensity and volume based on each individual.

Understanding The Regime and Periodization of ETP

Don't get caught up in the "all or nothing" mindset. Training doesn't have to be that complicated. Doing something is better than doing nothing and training for climbing is better than not doing so. Don't let optimal be the enemy of good enough. Aim for consistency then optimize as you gain traction. Remember, sometimes getting started is everything.



Essential Training Program Overview:

PHASE 1	PHASE 2	PHASE 3	PHASE 4
High Intensity Low Volume	High Intensity Medium Volume	Medium Intensity Medium Volume	Low Intensity High Volume
3 Sessions 6 Hours	3 Sessions 6 Hours	3 Sessions 6 Hours	3 Sessions 6 Hours
12 SESSIONS - 24 HOURS			

Understanding The Regime and Periodization of ETP

There are two ways that conditioning and cross training should feature in your overall approach, a combination of skills is what ultimately makes your body more functionally able to perform a more diverse array of climbing styles.

Movement Skill	Description
Deadhanging	Ability to hold your body weight in a static position from a single difficult feature
Crimping	Ability to hold on crimps
Sticking (slopers)	Ability to hold on slopers
Pinching	Ability to hold on pinches
Pulling Up	Ability to pull up with your arms
Reaching	Ability to reach a higher hold statically
Stepping Up	Ability to step up with your legs
Throwing	Ability to throw from one hold into another one with a dynamic motion
Dynoing	Ability to dyno and fly from one hold into another out of reach
Locking off	Ability to lock your arms in order to reach a higher hold or clip a quickdraw
Flagging	Ability to keep the balance in offset positions
Crossing	Ability to make crossing moves
Bumping	Ability to make successions of holding movements with the same hand
Swinging	Ability to control swings and cut loose movements with limited footholds
Pushing Out	Ability to push down or mantel moves

2

PREPARATION

Understanding The Regime and Periodization of ETP

This program is structured in 4 action phases. Each phase involves an energy type and a fixed amount of exercises. Each exercise must be executed mindfully engaging all your attention. This structure promotes a logical progression while optimizing your body energy at your max.

Phases and Energy Types

A week cycle on this program consists of 3 sessions, 3 days a week of training and 4 recovery days. You can climb on recovery days, however it's advised that you perform complementary activities instead like cycling, hiking or running that will work your cardio or yoga to stretch.

PHASE #	Energy Type	Movements to Failure
Phase 1	Strength	1 to 12 Movements
Phase 2	Power Endurance	12-20 Movements
Phase 3	Stamina Endurance	20-40 Movements
Phase 4	High Endurance	40-100 Movements



4 Week Training Plan Schedule (Example)

Every week you make a distribution of exercises combining a diverse array of movements and tools. You must develop a good base of strength first. Strength grants your overall muscle stability and allows for endurance. The first few weeks of training are designed to shock your muscles and get you immersed into a routine. The quality of execution must increase as you progress.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



Strength



Power Endurance



Stamina - Endurance



High Endurance

PROGRAM DOSAGE

Sessions **12 Sessions**

Duration **4 Weeks**

Time per Session **2 Hours**

4 PHASES of essential training

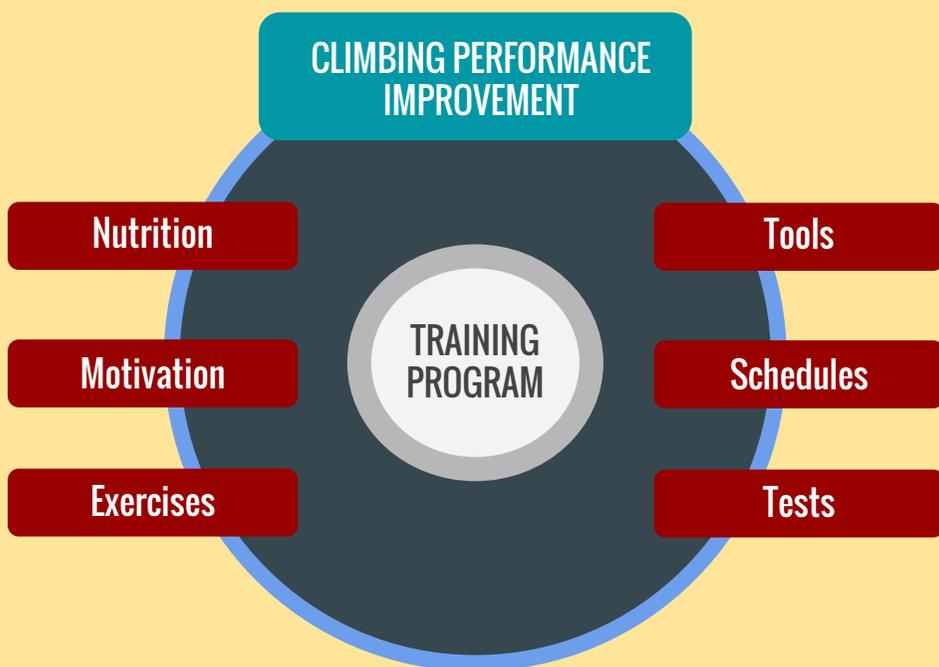
For maximum results, a 4 week training program must adjust intensity based in biological body response. Adjusting and balancing high intensity periods followed by compensation time is one of the basic rules to obtain skill gains and muscle memory

RELATIVE WEEKLY INTENSITY



Critical Success Factors

Multiple factors will impact your training program for climbing performance. The balance of all those factors will therefore reflect in the quality of your training. The graphic below shows how a training program is executed in concert with various other components.



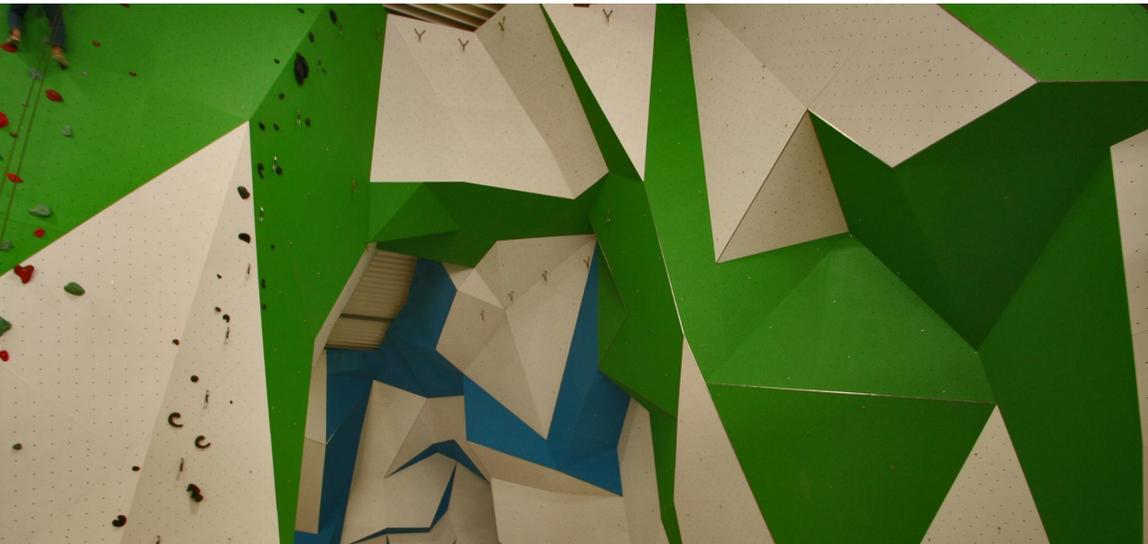
Plan your work, work your plan, be flexible to adapt.

Planning your program in advance of a year and tweaking it along the time so it stays current and fits your new goals. It is not an easy task to plan the right dosage of exercises until you try them and see how you respond to them. Something else to consider is allocating specific hours during the week so you can commit to the program. Check marking all your exercises included in the program and collecting all your training information to use if after and make a better program.

Variations of the Program

Our climbing programs cover a spectrum of requirements, from entry level climbers to competition climbers and climbing gym instructors. These are not cookie cutter courses but rather end user environment and scope of practice specific, customized training for climbing skills. Essential training program can be performed during a 4 week phase cycle, or it can also be expanded to cover longer periods during the year. The table below shows how longer cycles relate to increased number of sessions while keeping the same amount of exercises.

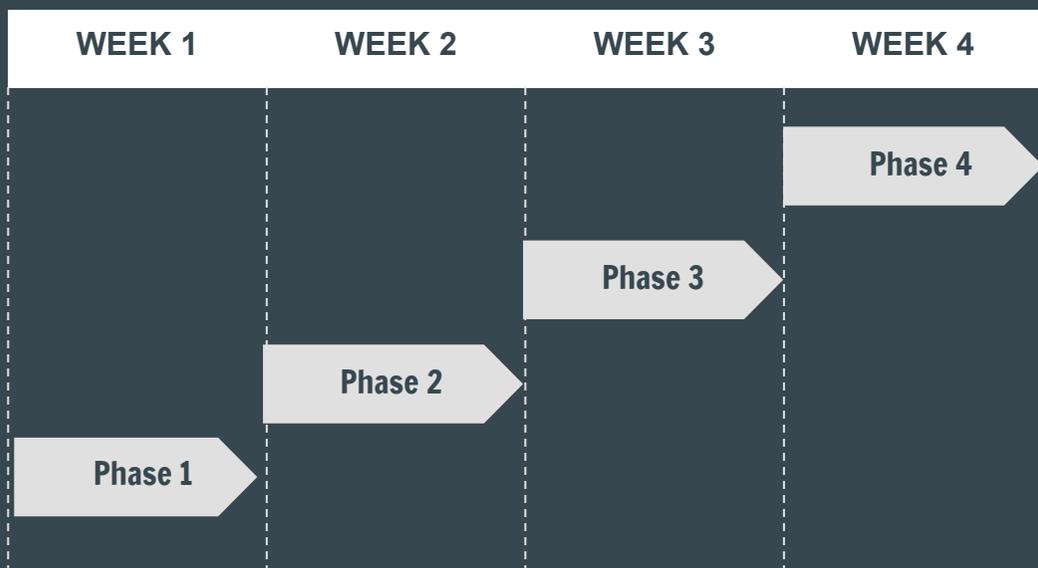
Expanding Essential Training Program Cycles:	Number of Sessions
1 Month Training Cycle	12 Sessions
3 Month Training Cycle	36 Sessions
6 Month Training Cycle	70-80 Sessions
1 Year Training Cycle	160 Sessions



4 Week Core Program Timeline

Climbing Tests

ETP - 4 Phases

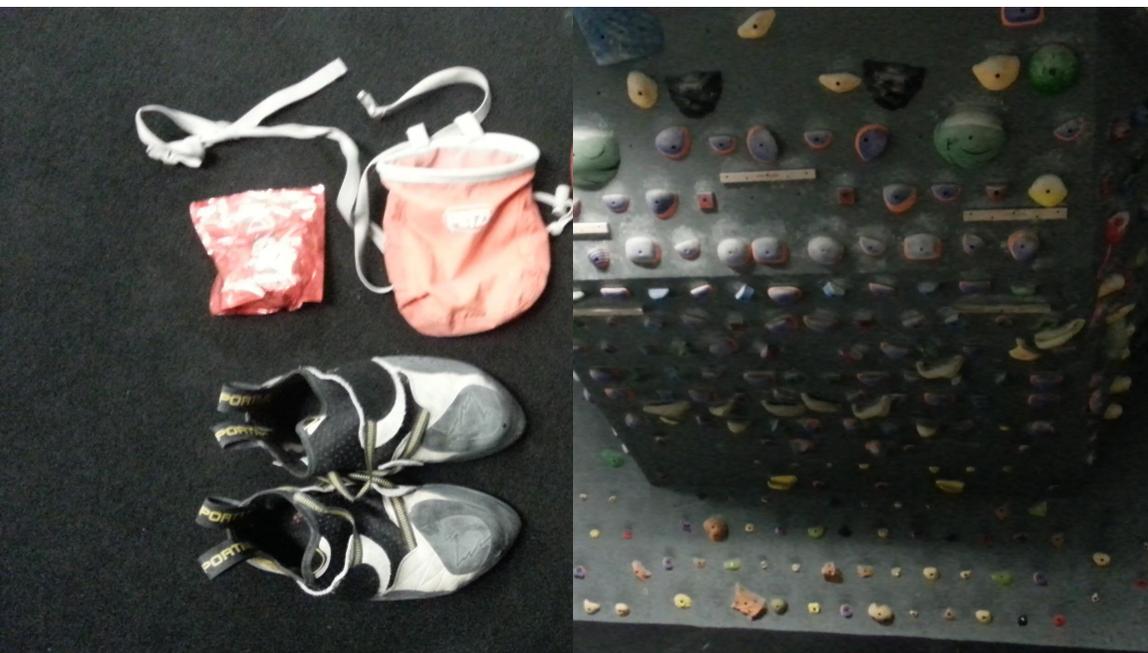


Essential Training Program

In this timeline example we dedicate a period of time towards building a foundation of strength, then we move towards endurance (more time on the wall and more distance per route - decrease load) As we move through the phases we increase volume, retain technical quality and decrease individual movement intensity.

Minimum Requirements

If you have a pair of climbing shoes, chalk bag and the willingness to hit the climbing gym 3 times per week you are already 50% accomplished on this program. The rest is your commitment to execute this plan. We won't get too in depth talking about climbing gear or climbing equipment. As said before, all you need to get this training going is access to a climbing wall (home wall or climbing gym) shoes, comfortable clothing and you are set. You will take more advantage of this program if the angles on the all are diverse. That way you can train with different levels of "gravity".



Essential Tools for optimal results on ETP

Thanks to your indoor climbing gym, rock climbing is a four-season trainable sport. It's always sunny in the plastic paradise, even during the dark, cold, and wet winter months. Easy and instant access should do wonders for your climbing.



Bouldering Wall

The Bouldering wall is the most essential tool for developing applicable skills. They come in various sizes and heights as well as angles and textures.



System Wall

The system wall is that hybrid of a bouldering panel and a campus board, the advantage of this tool is you can create symmetrical movements and you can track progressions as you execute sets.



Finger Board

Fingerboards these days come in many sizes, colors and shapes. This instrument will help you improve maximum finger strength by primarily doing static suspensions in multiple holds.

Movement-First Based Training

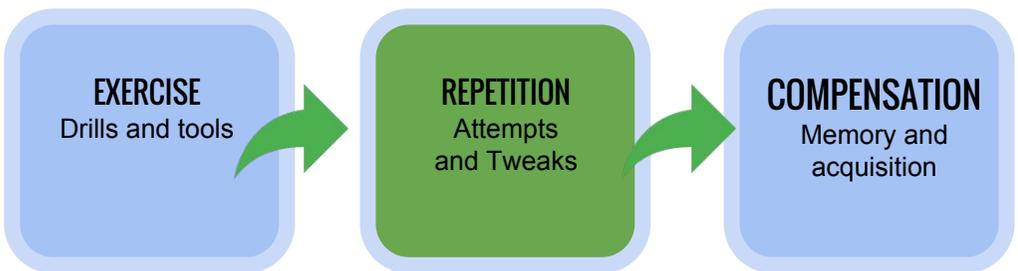
The development of fundamental climbing movement skills and motor skills is critical to establishing the foundation for participation in many climbing styles. A person who has not had the opportunity to develop these basic motor skills for climbing experiences difficulties or barriers when participating in climbing experiences, or later climbing projects that involve more difficult skills.

Your commitment

It's easy to fall into a fruitless routine or just hop on any 5.10 with the shortest line. But infusing your workout with purpose, variety, and motivation will yield big results in your strength, endurance, and power.

The immersion cycle

At first glance, creating effective training programs might look simple. All you need is to determine the intensity level and how long it takes you to get to the supercompensation period. Afterwards, continue training with the intensity level that was determined previously and keep the necessary intervals between workouts required for supercompensation.



Setting Goals: Benchmarking and Examples

Benchmarking is a measurement of the quality of training methods programs, strategies, etc, and their comparison with standard measurements, or similar measurements of its peers. The objectives of benchmarking are to determine what and where improvements are called for, to analyze how other athletes achieve their high performance levels, and to use this information to improve performance.

GOAL STATEMENT - BENCHMARK	BY OR BEFORE
To climb 1 route of grade _____	MONTH _____ DAY _____ YEAR _____
To climb 1 indoor problem of grade _____	MONTH _____ DAY _____ YEAR _____
To climb 5 routes of grade _____	MONTH _____ DAY _____ YEAR _____
To attempt my hardest project _____ times	MONTH _____ DAY _____ YEAR _____
To train _____ hours per week	MONTH _____ DAY _____ YEAR _____
To deadhang _____ seconds on a ½ inch edge	MONTH _____ DAY _____ YEAR _____
To climb 5 problems of grade _____ in a session	MONTH _____ DAY _____ YEAR _____
(Add your Own)	MONTH _____ DAY _____ YEAR _____

The importance of benchmarking

Benchmarks help you realize what is your current level. Benchmarks are metrics of your success and you must meet them in order to stay motivated and pursue new results.

3

EXECUTION

Session by Session Plan

During the 12 sessions of **ETP** you will go through 3 phases: Strength, power endurance and endurance, each phase will encompass a selection of exercises to be performed according to this training guide

SESSION	PHASES AND EXERCISES
Session 1	Phase 1: Strength 1-12 Movements Isometrics Technical Movements Boulder Series
Session 2	
Session 3	
Session 4	Phase 2: Power Endurance 15-25 Movements Boulder Laps Power Endurance Sequences Timed Climbing
Session 5	
Session 6	
Session 7	Phase 3: Stamina - Endurance Phase 40-50 Movements Sequences Medium Distance Timed Climbing
Session 8	
Session 9	
Session 10	Phase 4: High Endurance Phase 60-80 Movements High Endurance Sequences Long Distance Low Intensity Timed Climbing
Session 11	
Session 12	

The Exercises and Dosages

During the 12 sessions of **ETP** you will go through 3 phases: Strength, power endurance and endurance, each phase will encompass a selection of exercises to be performed according to this training guide

SESSION 1-3

Isometrics 30%

Technical Movement 30%

Boulders on mixed angles 40%

SESSION 4-6

Power Endurance Sequences 50%

Timed Climbing Sets 50%

SESSION 7-9

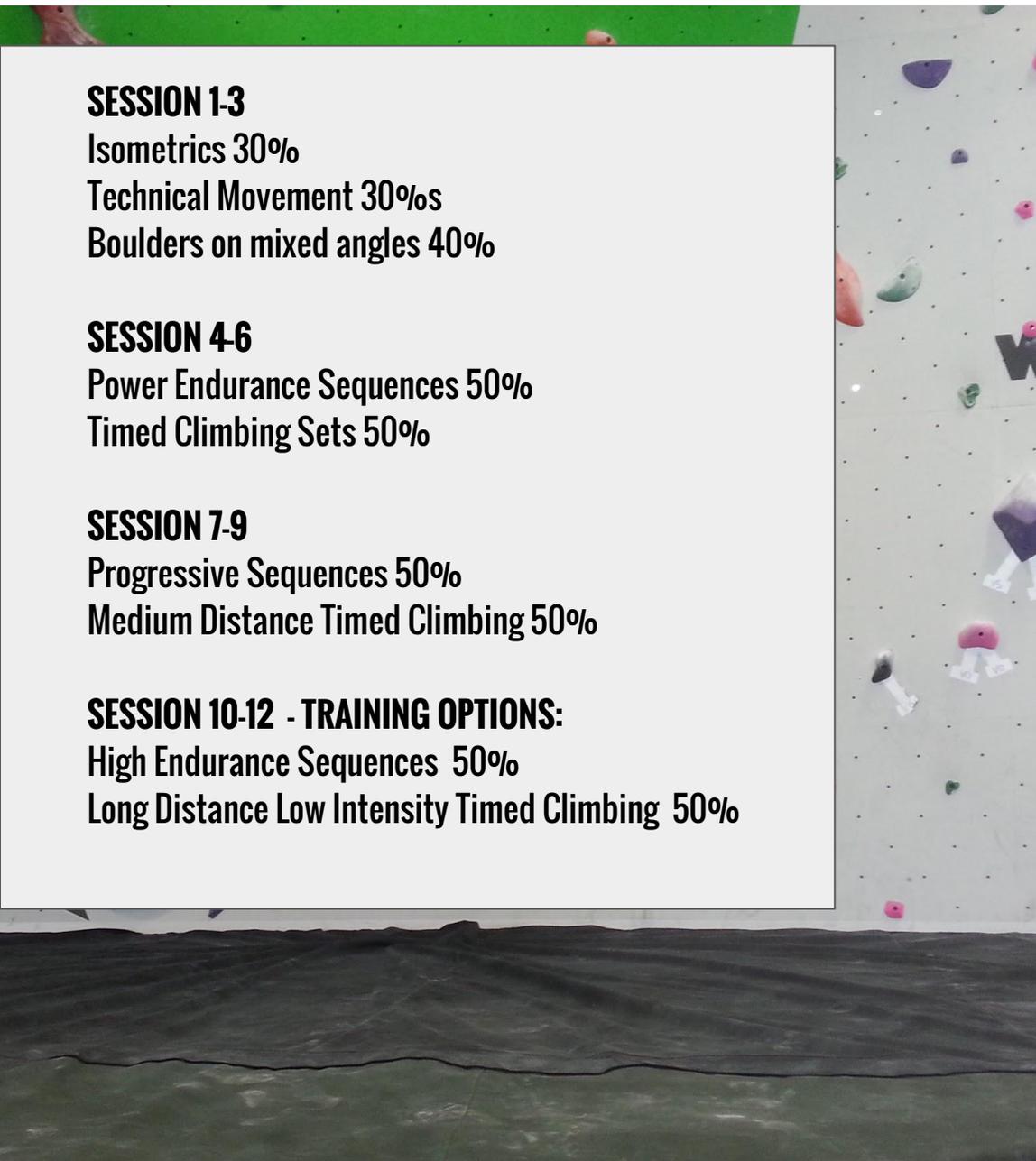
Progressive Sequences 50%

Medium Distance Timed Climbing 50%

SESSION 10-12 - TRAINING OPTIONS:

High Endurance Sequences 50%

Long Distance Low Intensity Timed Climbing 50%



Phase 1 ISOMETRICS

The Scoop

Select 2 lower footholds as seen in the picture, grab the main hold and cross over while keeping your body sideways. Lock off on this position until you can not handle the position any more. Take 5 second break and go back until you complete the full 30 seconds. Adjust the position in a way so you can last 30 seconds on it.

HOLD FOR

30
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**HOLD****TARGET****FEET**

TILTED WALL

Phase 1 ISOMETRICS

The Egyptian

This movement replicates the knee drop egyptian pose we see on the history books. In this example we use 2 lower footholds, a tilted wall and one main handhold. We cross over towards a target hold while our higher knee drops down, bringing the body closer to the wall and removing weight. Try to “freeze” in this position for 30 seconds and then rest 1 minute. Repeat 3 times.

HOLD FOR

30
SECONDS

REST

1 MINUTEREPEAT **3** TIMES

Phase 1 ISOMETRICS

The Sailor

This movement is similar to a position seen in windsurf and sailing sports. One offset foothold, the position is frontal, you control the barn door effect by statically balancing your weight with the holds as seen in the image. You find this position quite common in crack climbing but also while climbing over tufas.

HOLD FOR

30
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**● HOLD****● TARGET****● FEET****TILTED WALL**

Phase 1 ISOMETRICS

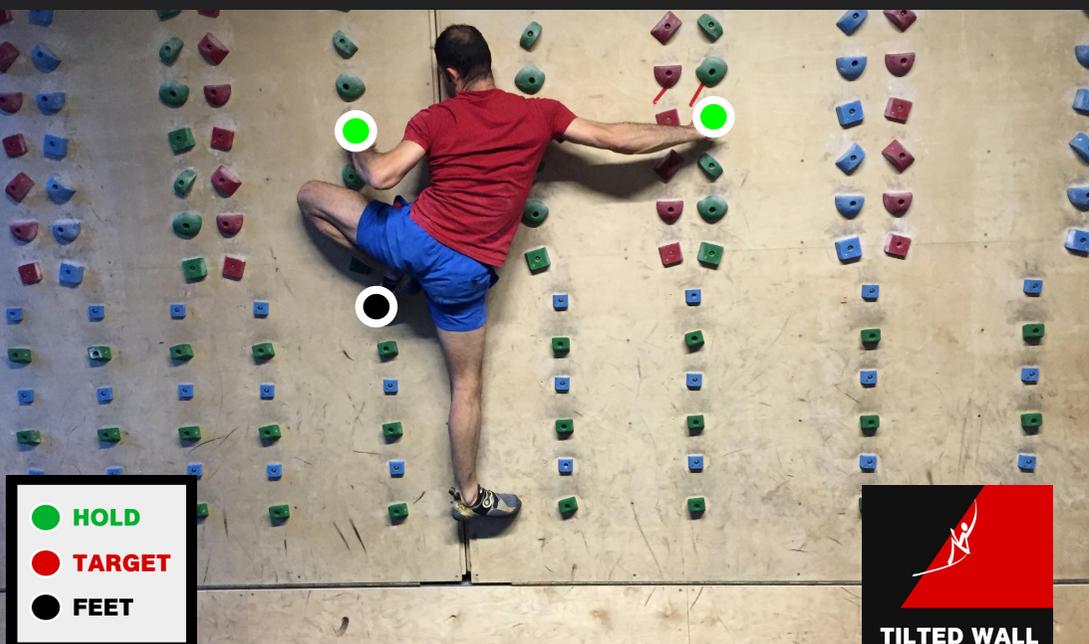
The Guitar

Step high and sit on your heel as you reach with one hand as far as you can horizontally. The other hand remains in a locked position. This pose is very common especially when traversing diagonally on a route or boulder problem. It is an excellent exercise for shoulder strength and elasticity. Repeat 3 times holding each position for 30 seconds.

HOLD FOR

30
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**● HOLD****● TARGET****● FEET**

Phase 1 ISOMETRICS

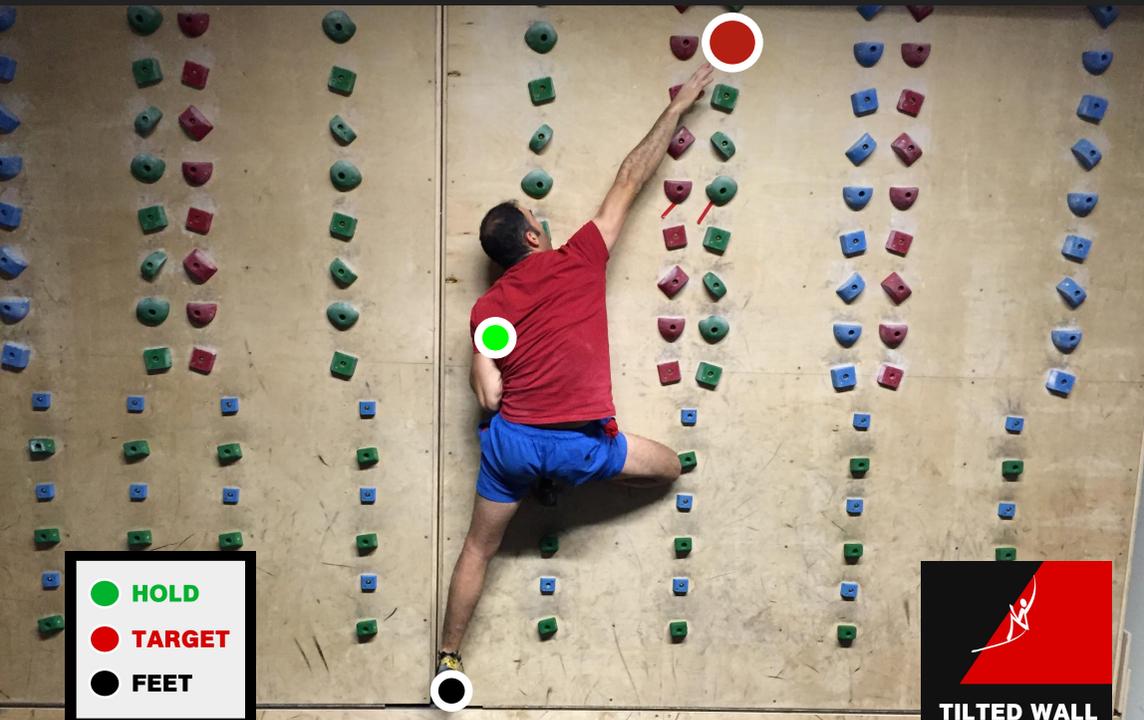
The Superman

Select one target hold and one start hold. The target hold should be high enough so you can barely touch it. Same hand - same feet configuration (left feet up and right hand towards target) stretch as much as you can by increasing the lock off and pushing down with your higher leg.

HOLD FOR

30
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**HOLD****TARGET****FEET**

TILTED WALL

Phase 1 ISOMETRICS

The Mermaid

This is a horizontal pose where your body keeps in line by the use of core strength. Select 3 parallel holds and replicate the pose you see on the picture. Notice how the left foot and the right foot are on the same foot hold. This position is common when moving out of roofs, horizontal traverses and diagonal cracks. Hold for 30 seconds, rest 1 minute in between and repeat 3 times.

HOLD FOR

30
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**HOLD****TARGET****FEET**

TILTED WALL

Phase 1 ISOMETRICS

The Wiper

This is a lateral movement where the main handhold and the foothold are vertically aligned, you must lift your body with your left leg as you wipe with left crossing into the next target hold. Hold for 30 seconds and repeat 3 times resting 1 minute in between.

HOLD FOR

30
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**● HOLD****● TARGET****● FEET****TILTED WALL**

Phase 1 TECHNICAL MOVEMENTS

Bump-Ups

Works on: Power, Shock

On a steep overhanging wall select 2 hand holds and 2 target holds that are close to each other. Throw for the first target hold and subsequently “bump” quickly into the other one trying to control the target hold. Configure this exercise to one side or alternate sides (left bumps and right bumps) This movement is very common and useful and teaches you to use bad intermediate holds as a mean to grab the main features.

ON THE WALL:

45
SECONDS

REST

1
MINUTE

REPEAT **3** TIMES



SET 1

SET 2

SET 3

Phase 1 TECHNICAL MOVEMENTS

Swings to Side **Works on:** Core, Contact, Lock offs

One of the most recommended movements by Climbing Workouts is the “Swing to side” movement drill. Select to parallel holds you can deadhang with over a steep wall. From 2 handholds and one offset feet, swing creating a controlled pendulum while you keep your knees close to your chest. Step on the 2 side offset footholds. This exercise brings contact strength, lock off strength and core into the mix.

ON THE WALL:

45
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

Open Swings to side + Throw **Works on:** Power, Dynamic Strength

An excellent exercise for finger strength, body tension and contact, train it on the boulder wall or system board. Similar to the previous swing, in this one you add an extra move which is a final throw to a target hold located directly above. Try to loop this movement until failure. Failure must ideally occur near 45 seconds. If you fall, get back immediately until you accumulate 45 seconds.

ON THE WALL:

45
SECONDS

REST

1
MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

Lockoff and reach drill

On a tilted overhanging wall, select 2 holds you feel comfortable grabbing. Step up with your left into a foothold you can find on the side. Now pull and lock off during 10 seconds. The hold you are pulling from should be comfortable enough so you can hold for such time. Once you are about to loose the tension, go back to starting position and do the same for the other side. The drill can be performed on a system wall or regular boulder wall. You can either alternate sides (left and right) or repeat the same movement on one side only.

ON THE WALL:

45
SECONDS

REST

1
MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

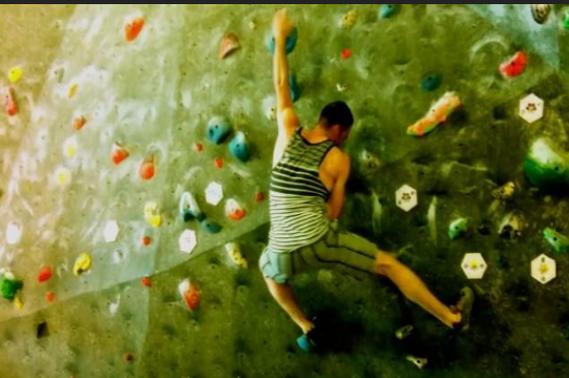
Friction Step and Lock Off

This is a full engagement exercise that requires a handhold you are comfortable with. Likely a jug. You must completely lock off into that hold while using only the friction on the wall for your feet. As you press with your feet to gain more friction, you lock off and reach high towards the target hold. You freeze on the lock off for 5 seconds and repeat the loop until you fail ideally within 30-45 seconds.

ON THE WALL:

45
SECONDS

REST

1
MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

Levitations on Slab

Imagine making a pistol squat but on the wall. For this exercise you must use a considerably large foothold you can step conformable. The wall must be an slab. You “sit” on the foothold with free hands, and lift your body squatting towards a target hold you can reach only when your body is fully lifted.

ON THE WALL:

45
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

Lock off + Cut Loose

To do this exercise you don't need the same configuration you see on the image. All you need is a steep wall and 2 handholds. As you "cut loose" your feet, you engage your abs trying to kick back into the wall and stick your feet using friction only. Keep the friction for about 5 seconds, cut loose again and switch feet. Alternate movements until failure.

ON THE WALL:

45
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

High knee lifts on Bomb Holds

In this exercise you dead hang on a rounded hold that does not compromise your fingers but requires compression and contact. As you hold your body statically, you lift your knees to your chest alternating left and right. Make as much as you can handle until failure.

ON THE WALL:

45
SECONDS

REST

1
MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

Switch hand for toe drill

Select 2 parallel, somehow far-apart holds, use one of the handholds as a footstep. Release the hand from that hold and reach one intermediate hold. You end up in the “mermaid” position as seen in the Isometrics section of this guidebook. This exercise will help you practice the precision required to make toe-hand switches and movements where lower footholds are not available forcing your feet must remain at the height of your hands.

ON THE WALL:

45
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

Open Throw + Cut Loose

This is an excellent exercise for involving your chest and shoulders into a powerful movement that can solve many of your route projects. Select 2 far apart holds and use them as seen in the image. Throw to one of the sides as high so you stretch up and cut loose your feet. As you hold on, you bring back your feet to the wall. Since you may not be able to reverse this movement, go back to the ground and repeat this move continuously with only 5 seconds break. Repeat until failure.

ON THE WALL:

45
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

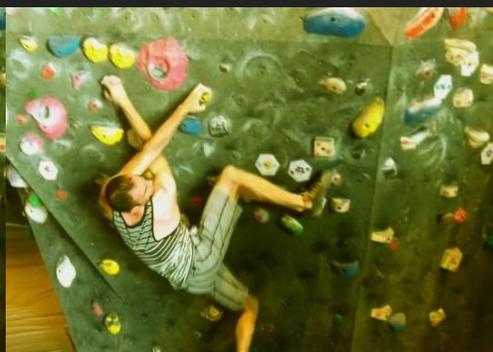
Crossover and reach toe drill

This is a classic traversing technique, 2 holds and a crossover move leads you to the next hold on the route or problem. Use high feet to make the movement more challenging and reverse it so you do it multiple times on each side until failure. Accumulate 45 seconds ideally without falling.

ON THE WALL:

45
SECONDS

REST

1
MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

Campus on Slopers

You can do this exercise in a special sloper campus board or in a regular wall at the gym using slopers. Simply go in a ladder pattern and make as much as you can. If you finish a full adder in one shot, come back and try again. Repeat 3 times. Each time until failure.

ON THE WALL:

45
SECONDS

REST

1
MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

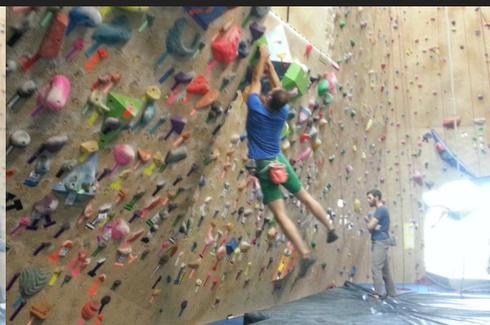
Dynamic Throw - Hold Matching

On a tilted or inclined wall select 2 lower “launching holds” and one target hold that is above your reach, Launch from the handholds and match on the target hold while controlling the swing. Dynamic exercises are great to improve fast twitch action, shoulder and biceps strength. You must be careful dynoing and mindful to select holds that you can handle and feel ergonomic. Since this exercise has a “shock” component, you want to focus in the movement pattern first, and the hold types second.

ON THE WALL:

45
SECONDS

REST

1
MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 Technical Movements

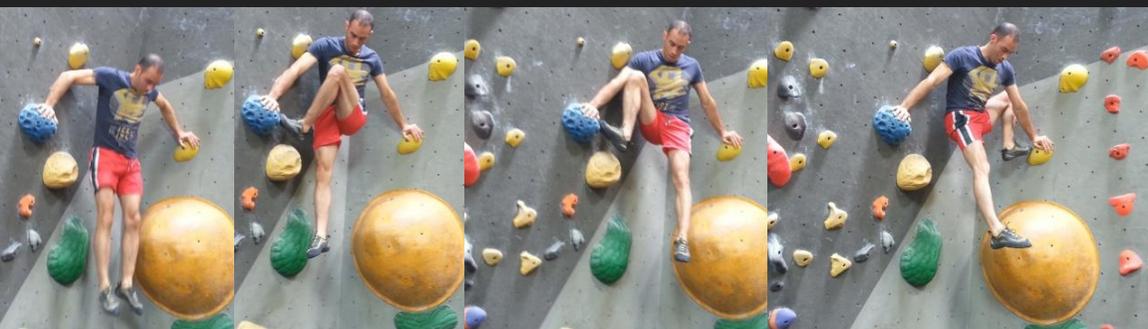
Dihedral Pushup to Side Step

An excellent exercise for triceps, handling dihedrals and awkward rock angles. Find a dihedral in the gym (as possible), choose a hold on each face and lift yourself making a dip using the holds. Once you are high enough, try to get your feet where your hands are as seen in the image.

ON THE WALL:

45
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 - WEEK 1 Technical Movements

Steep Open Throw

An excellent exercise for finger strength, body tension and explosive power. Select 2 holds to launch from and a deadpoint hold higher enough so you can barely reach it and hold on it. After each throw, go back to the ground, rest 5 seconds and get back. Repeat until failure.

ON THE WALL:

45
SECONDS

REST

1 MINUTEREPEAT **3** TIMES**SET 1****SET 2****SET 3**

Phase 1 - WEEK 1 Bouldering Series

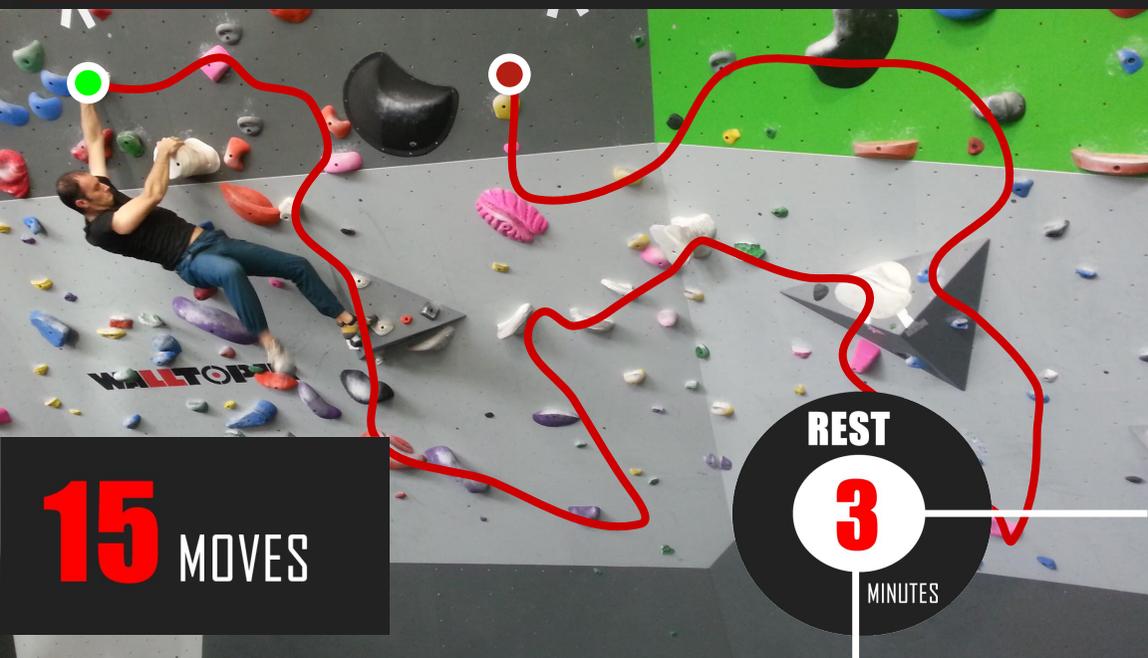
Select 4 Problems in mixed angles and styles. Try each problem for 4 minutes and make sure you make at least 3 attempts. If you complete the problem, try to climb it again but faster. If you complete the problem twice, move into the next one with a 4 minute rest in between. Combine various angles and hold types so you explore and train different movement combinations. Adjust the intensity as seen in the graph where the first 3 problems have a progressive difficulty and the intensity drops in the last problem. Repeat this routine all along PHASE 1



Phase 2 - WEEK 2

15 Movement Circuits

15 movement circuits combine the bouldering power with the short term endurance you need to hammer down routes in between 5 and 10 mts of distance. Try to make them as challenging as possible using diverse hold types or one defined theme (example: slopers, crimpy, volumes, pockets etc) Try this route 3 times making sure you can do about 80% of the moves minimum. The completion of this route shouldn't take longer than 2 minutes. Set it hard enough almost to the maximum grade you can onsight. Tweak and adjust the route as required. On the picture, we see a pattern that maximizes the space.

SET 1**SET 2****SET 3****REST****3**

MINUTES

15 MOVES

Phase 3 - WEEK 3

3 Style Sequences

Similar to the previous phase what we do here is simply extend the number of moves we want to make while reducing the intensity. Each Circuit is attempted 3 times. Each attempt is considered a set. Attempt counts if you make 50% of the route.

**SET 1****SET 2****SET 3**

Phase 3 - WEEK 3

Timed Climbing - 3 Minutes x 3 Sets

This exercise ensures you are in the wall for a minimum amount of time. You must free climb making challenging movements that you can handle. If you are about to fall simply decrease the difficulty by increasing the hold size and shortening the distance between holds. Try to move continuously as possible. You can add other rules such as “freezing” every 5 moves, simulating a clipping position in a route. This exercise is applicable when you need to climb power endurance routines that require this kind of time frame art considerable intensity.

SET 1**SET 2****SET 3**

3:00 Minutes
On the Wall



Phase 4 - WEEK 4 High Endurance Sequences - 300 Moves Sessions

Climb 100 free moves on the wall. This is a powerful anaerobic - aerobic exercise. The key here is low intensity almost to the point you think it is too easy. The idea is to increase capillary capacity so you can learn to recovery as you are actively in the wall. This exercise is better accomplished in a vertical or slightly tilted wall. Due to the long length of the route you are switching gears around the high endurance thresholds your body has. On each set count each movement and when you get to 100 drop and rest 10 minutes. Repeat 3 times.

SET 1**SET 2****SET 3****100** MOVES**REST****10**

MINUTES



Phase 4 - WEEK 4

Long Distance Low Intensity Timed Climbing

Similar to the 100 move exercise, this round is about timing your climbing. Stay on the wall moving around and taking long rests in between, what matters here is the time on the wall beyond the amount of moves you make. Try movements where you stretch and use large holds. Keep the timer on sight so you know if you need to decrease intensity. You will feel a continuous pump you must hold for the full 10 minutes. In total you will be 30 minutes on the wall. This exercise applies to those long routes outdoor where you find larger sections compared to indoor gyms.

SET 1**SET 2****SET 3**

ON THE WALL:

10:00

OFF THE WALL:

10:00

The Program Summary

It is your last day of your last phase and you are proud to see how much you have completed and accomplished. Your summary will give you incentives and some base metrics to improve and get into a new training cycle. You can repeat the Essential Training program cycle or move into another program. The best results are accomplished after testing different programs, variations and adjusting based on your needs and capabilities. The summary of Essential Training Program must account for 24 hours of work, distributed within a month of your calendar, where you did 2 hours per session in a total of 12 sessions.

Total Hours	Average Session Duration	Total Sessions
24 Hours	2 Hours / Day	12 SESSIONS



4

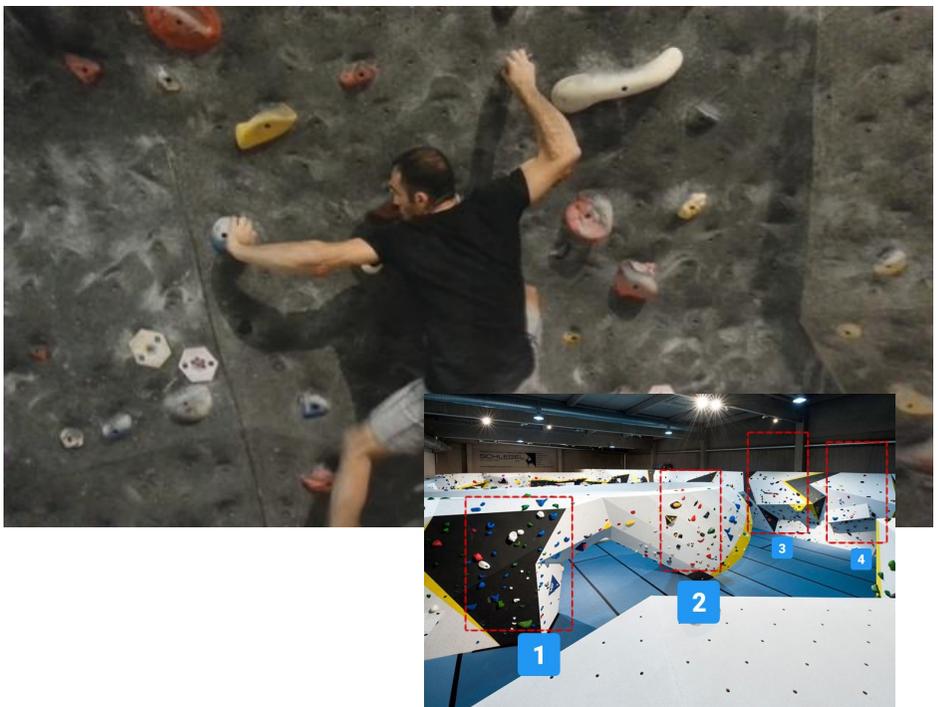
ASSESSMENTS

Bouldering Test

Select 4 boulder problems at your maximum grade which you have ideally not worked on. You will try each boulder problem within a period of 5 minutes, resting 5 minutes in between each. Attempt the problem at least 3 times within those 5 minutes.

How to conduct the exercise

1. The climber selects 4 problems from the climbing wall or system board
2. The climber attempts each problem up to 3 times
3. The climber must complete at least 80% of each problem, otherwise, modify the moves.
4. The climber has 3 minutes on each problem, and
5. The assistant uses the highest recorded value to assess the athlete's performance

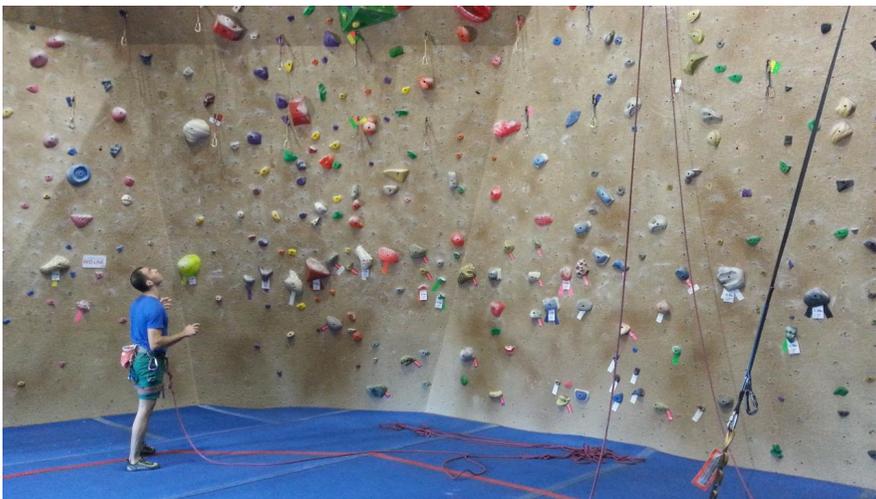


Lead Climbing Test

This is the time for you to set 6 routes at your maximum difficulty and try them one by one in onsight. You will have 3 tries for each route, the difficulty may vary, use the chart below to adjust your routes with that kind of relative intensity. Rest time should be 5 minutes.

How to conduct the exercise

1. The climber sets 5 routes at the maximum personal level
2. The climber tries each route once
3. The assistant (or climber) records the highest hold reached
4. The climber repeats the test once per training cycle (once per month)
5. The assistant uses the highest grade climbed to assess the athlete's performance



The climbing workouts official booster: breakfast of champs

This oatmeal recipe is made to sustain you through a long workout whether it's a tough training session, run or day projecting at the crag. Consume at least 30 min before a workout. The ingredient list is long but once you have them, they last a while and the recipe is quick to make. Feel free to experiment with different ingredients and amounts based on taste and how you feel after consumption. The ginger turmeric milk was made to reduce joint inflammation which is important for climbers but it is an acquired taste.



Ingredients

Oatmeal

- 1/2 cup of rolled oats
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tbsp pumpkin seeds
- 1 tbsp of chopped almonds
- 1 tbsp of vegan protein powder
- 1 tbsp of gogi berries or raisins or chopped dates
- 1-3 tsp of coconut flakes
- 1 tsp of flax seeds
- 1/8 - 1/4 tsp cinnamon
- 1 and 1/4 cup of turmeric ginger milk or sub for non-dairy milk and 1 tsp of coconut oil.
- 1/2 sliced banana.

Turmeric Ginger Mylk:

- 2 cups of non dairy milk
- 2 tsp of coconut oil
- 1 inch of turmeric root
- 1-1/4 inch of ginger root
- 1 tsp of vanilla
- honey or 2 dates (optional)

Method

1. Place all the ingredients in a jar, mix well and leave in the fridge overnight.
2. You can either eat it cold or we prefer to pour the contents in a pot on the stovetop. Once it starts to bubble, turn the heat off and cover for 5-10 min. You may want to add more milk to get your desired consistency.

1. Place all the ingredients in a blender and blend until frothy

Keeping a training diary with your notes

The key for a good training program is that you stay accountable, motivated and wanting to push your level higher while maintaining the margins of safety in place. you must account not just for how your muscles are responding but also your overall well being, in your diary, keep attention and track of:

Feelings How do you feel during the day and what affected you emotionally	Improvements How can you improve your training program
Training Reports Write up a general summary of what you did and how was your session	New Goals Just keep a list somewhere with your climbing goals and future achievements

Your Questionnaire

A personal progression assessment in form of a self questionnaire is a great way to keep track of how you were experiencing the training at any given time. Below an example of how this questionnaire can be formulated

Am I improving with the current training program?	(Y / N)
Am I measuring my results and best achievements?	(Y / N)
Am I being strict with my resting time and number of sessions?	(Y / N)
Am I feeling emotionally well in a climbing session?	(Y / N)
Do I recognize when is time to stop because of a risk of injury?	(Y / N)
Is there some change I'd make in this program?	(Y / N)
Do I have the commitment to execute this program and get better?	(Y / N)

Preventing injuries and training safety

Doesn't matter how hard you train, if you are not smarter you can trash a whole year of training because of an injury...

<h3>Proper Warm Up</h3> <p>Warming up with easy progressive difficulty ensures that your muscles are properly stretched and tense enough to start with the higher loads.</p>	<h3>Ergonomic Holds</h3> <p>Avoid sharp edged holds and sharp pockets, also be careful with the small crimps. holds must be carefully selected to avoid any kind of unnecessary strain in the finger tendons.</p>
<h3>Controlled Movement</h3> <p>Learn the motion patterns first before starting to get more crazy with your movements, learn to move more efficiently and then try harder difficulties with arder holds.</p>	<h3>Measured Loads</h3> <p>Progressive training mean syou will start with small loads and with increase the intensity as you go.</p>

Common injuries to avoid

Flexor Tendon Injuries: <p>Flexor Tendons are usually the most devastating type of finger injury, even mild tears can lead to pain, numbness within the fingers and reduced movement. If you manage to completely rupture the tendon it may require surgery to heal. The warning pains usually start in the palm/wrist area.</p>	Pulley injuries: <p>Pulleys are the most commonly injured part of the finger, and can cause pain and swelling. This can take a while to heal, and if not left to recover properly will often remain a long term issue. You are usually warned with a dull ache in between the joints.</p>	Collateral ligament injuries: <p>These can be quite serious in some cases and may require surgery, but are usually quite uncommon. You may feel pain in your joints, and notice some swelling, most often in the middle joint. Collateral Ligament injuries usually occur after loading from the side (for example from using side pulls and gastons).</p>
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Thank You

Climbing Workouts

Climbing workouts is the result of years of learning and researching the foundations of sport climbing and bouldering training for red pointing and competition along the collection of experiences taken from professionals who have devoted their time to practice this sport.

This book is part of the CLIMBING WORKOUTS series

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Climbing Workouts - Essential Training

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