### SNOWDONIA MOUNTAIN GUIDES - 13 Week Periodised Climbing Training Program

<table>
<thead>
<tr>
<th>Theme of the Phase</th>
<th>Week</th>
<th>Weekly Theme/Work load</th>
<th>Day</th>
<th>Days</th>
<th>Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>No. of Routes</th>
<th>Max Grade</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>Week 0</strong></td>
<td></td>
<td>Resting your body and mind.</td>
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<td>Easy climbing with a focus on good technique.</td>
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<td>This is a low intensity phase and is really just a way to keep you active as you continue to allow your body to recover. We have programmed two weeks and only extend it if you are still carrying an injury.</td>
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<td>When you are climbing focus on climbing efficiency and being relax with the difficulty being around 60% of your max. This means your should barely feel pumped after a route and the majority of moves shoulder not feel at all strenuous.</td>
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<td>The hardest thing about this phase is not pushing yourself. Look at the long game, this training plan is a marathon and not a sprint. You should leave this phase feeling refreshed but ready to climb.</td>
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<td><strong>Week 1</strong></td>
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<td>If you do any exercise it does not have to be climbing. Cross training is great. If you do climb a max of two session of very low intensity.</td>
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<td>Focus on having good time with you mates rather than pushing yourself climbing.</td>
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<td>This 14 week Periodised training programme was developed by Mark Reeves, Head Climbing Coach at <a href="http://snowdoniamountaingudes.com">http://snowdoniamountaingudes.com</a>. He also runs a website <a href="http://howtoclimbharder.com">http://howtoclimbharder.com</a> which has more information on coaching and training.</td>
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<td>Mark is a highly experience trad, sport and indoor climbing coach who runs coaching holidays both in the UK and abroad. Again more information can be found on the website.</td>
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**Focus for the Session**

- Sideways Climbing
- One Handed climbing
- Straight arm climbing
- Foot placements

**Warm Up**

- 15min

**Main Session**

- 1 to 2 hour

Loop through these exercises on easy Climbs, this will become a standard way to warm up as it focuses the mind on good technique:

1. Sideways Climbing
2. One Handed on slab
3. Straight Arm Climbing
4. Slow Climbing
5. Silent Climbing
6. Delicate Climbing
7. Finding Rest
8. Efficient clipping of draws

**LINK**

- [http://howtoclimbharder.com/basic-climbing-fundamentals/basic-climbing-techniques-overview/footwork/](http://howtoclimbharder.com/basic-climbing-fundamentals/basic-climbing-techniques-overview/footwork/)
- [http://howtoclimbharder.com/basic-climbing-fundamentals/basic-climbing-techniques-overview/hands-off-rests/](http://howtoclimbharder.com/basic-climbing-fundamentals/basic-climbing-techniques-overview/hands-off-rests/)
- [http://howtoclimbharder.com/basic-climbing-fundamentals/basic-climbing-techniques-overview/](http://howtoclimbharder.com/basic-climbing-fundamentals/basic-climbing-techniques-overview/)
**Theme of the Phase** | **Week** | **Weekly Theme/Workload** | **Day** | **Phase Activity** | **Focus for the Session** | **Session Structure** | **No. of Routes** | **Max Grade** | **Notes**
--- | --- | --- | --- | --- | --- | --- | --- | --- | ---
**Week 1** | **MENTAL SKILL S** |  |  | Starting basic mental skills of relaxation and imagery. | Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation (4 to 8 seconds) and “LAX” on the exhalation (4 to 8 seconds). Max time 20 minutes. This time will reduce as the program progresses. LINK: [http://lifeinthevertical.co.uk/blogs/2008/12/relaxation-techniques/](http://lifeinthevertical.co.uk/blogs/2008/12/relaxation-techniques/) | Once relaxed try using some imagery to imagine yourself climbing. 20 Mins Max. - Imagine walking up your road and into your house. Once inside head into the lounge and sit down on the sofa. (did you feel the door handle in your hand? Did the door make a noise as it shut? Did your house smell familiar? Was the sofa soft?) Try imagining it again and focus on these thoughts and feelings as well as the image. - Imagine the colour Blue. Spend some time exploring that image of the blue. What did you imagine? A blue sky, a blue sea, was it a warm or cold image? - Imagine yourself climbing a boulder problem. (focus on the feelings in your whole body and the thoughts/emotions) - Imagine yourself clipping a quickdraw. (Can you hear it close?, Did you feel it in your hand?) - Imagine you are pumped climbing a route and have to make a clip. (Can you feel the emotional response? Can you control it?) LINK: [http://lifeinthevertical.co.uk/climbingcoach/2009/02/20/imagery-scripts-a-practical-introduction/](http://lifeinthevertical.co.uk/climbingcoach/2009/02/20/imagery-scripts-a-practical-introduction/) LINK: [http://lifeinthevertical.co.uk/climbingcoach/2009/02/20/imagery-scripts-climbing-content/](http://lifeinthevertical.co.uk/climbingcoach/2009/02/20/imagery-scripts-climbing-content/) LINK: [http://lifeinthevertical.co.uk/climbingcoach/2009/03/25/imagery-scripts-bouldering-content/](http://lifeinthevertical.co.uk/climbingcoach/2009/03/25/imagery-scripts-bouldering-content/) | | |
**Wed** | Cardio and Core |  |  | A cardio conditioning session with some light core work and gentle stretching | CARDIO: 30min+ Elevated Heart-Rate LIGHT CORE: Plank Back Bridge Foot raise Hold core and breathing exercises STRETCH: Head to Toe stretch - holding stretch for 10 secs Focus on shoulders, Arms, Legs and Hips | LINK: [http://howtoclimbharder.com/basic-climbing-fundamentals/warming-up-overview/stretching/](http://howtoclimbharder.com/basic-climbing-fundamentals/warming-up-overview/stretching/) | | |
**Thur** | REST |  |  |  |  |  |  |  |  |
**Fri** | Climb |  |  | Focus the session on a fluid movement - Focus on pace and grace. - Climb at a slow, moderate and fast pace. - Focus on climbing with using CoG/arms/legs rather than arms to initiate movement. Little to no pump Add a route or two on top of precious sessions total. | WARM UP: 15min Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique: 1. Sideways Climbing 2. One Handed on slab 3. Straight Arm Climbing 4. Slow Climbing 5. Silent Climbing 6. Delicate Climbing 7. Finding Rest 8. Efficient clipping of draws MAIN SESSION: 1 to 2 hour Max Easy to moderate routes. Light pump at max and drop grade if this happens. Focus on. 1. Climb route Slowly 2. Climb Route Quickly 3. Climb route flamboyantly 4. Climb route gracefully 5. Climb route using CoG to initiate movement 6. Climb routes using legs to initiate movement | | |
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<td>Mon</td>
<td>Climbing</td>
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<td>Focus on technique. The more perfect the better. Slow everything down if necessary. Increase number of routes by 10% from previous session. Little to no pump</td>
<td>TECHNIQUE LINKS</td>
<td>WARM UP: 15min Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique: 1. Sideways Climbing 2. One Handed on slab 3. Straight Arm Climbing 4. Slow Climbing 5. Silent Climbing 6. Delicate Climbing 7. Finding Rest</td>
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<td>Tues</td>
<td>REST</td>
<td>Work on reducing the time it takes you to relax. Your imagery should be positive when possible. Imagine yourself climbing confident and carrying out the skills listed.</td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra &quot;RE&quot; on the inhalation and &quot;LAX&quot; on the exhalation. Max time 15 minutes. Once relaxed try using some imagery to imagine yourself climbing. 20 Mins Max. • Imagine yourself leading relaxed and in control. • Imagine yourself climbing with confidence • Imagine yourself climbing a boulder problem. (focus on the feelings in your whole body and the thoughts/emotions) • Imagine yourself clipping a quickdraw (Can you hear it close?, Did you feel it in your hand?) • Imagine you are pumped climbing a route and have to make a clip (Can you feel the emotional response? Can you control it?)</td>
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<td>Wed</td>
<td>Cardio and Core</td>
<td>Cardio focused with some light theraband work for shoulder stability. The flexibility work is long stretches aimed at increase range of motion in shoulders, hips, groin (bridging muscles)</td>
<td>CARDIO: 30min+ Elevated Heart-Rate THERABAND: Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cep - sets of 10 both sides. FLEXIBILITY: Head to Toe stretch - holding stretch for 20 secs Focus on shoulders, Arms, Legs and Hips</td>
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<tr>
<td>Thur</td>
<td>REST</td>
<td>We are further reducing the time to relax. Focus on the vividness of your images and the bodily and emotion feelings they evoke. Try and control negative emotions if they are irrational.</td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra &quot;RE&quot; on the inhalation and &quot;LAX&quot; on the exhalation. Max time 10 minutes. Once relaxed try using some imagery to imagine yourself climbing. 20 Mins Max. • Imagine yourself leading relaxed and in control. • Imagine yourself climbing with confidence • Imagine yourself climbing a boulder problem. (focus on the feelings in your whole body and the thoughts/emotions) • Imagine yourself clipping a quickdraw (Can you hear it close?, Did you feel it in your hand?) • Imagine you are pumped climbing a route and have to make a clip (Can you feel the emotional response? Can you control it?)</td>
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The phase is aimed at increasing the endurance in your arms, shoulder and core. In other words all the muscles that we rely on when we climb.

It moves from easy aerobic climbing where we are not pumped to the climber having a slight pump.

The aim is to up the volume and increase the intensity slightly during this phase. The biggest problem people have is increase the intensity or grade of climbs too much.

We want the climbing and work out to focus on getting as much blood through our climbing muscles. When we try too hard the capillaries shut down and we get pumped.

In doing so we will develop our Aerobic, Respiration and Capillarity (ARC) system.

As such we have a variety of easy to moderate climbing at high volumes. Plus some other activities that fit in with nice easy session.

Plan for 3 to 5 session of activity a week.

### Week 3

**Climbing session should be 90 minutes long with 30 - 60 minutes of climbing**

**Activity**

- Mental Skills Training
- A basic introduction to Aerobic, Respiration and Capillarity (ARC) Session.
- Cardio exercise should preferably include upper body exercise. (Swimming, Surfing, Brisk walking with poles, Rowing)
- X-Training shoulder be more cardio focus and exercises shoulder be aimed at working the opposing muscles with light theraband work.
- Climbing session should be at least 90 minutes long with 30 - 60 minutes of climbing

**Focus for the Session**

- Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 10 minutes.
- Once relax try using some imagery to imagine yourself climbing. 20 Mins Max.
- Imagine yourself leading relaxed and in control.
- Imagine yourself climbing with confidence
- Imagine yourself climbing a hard boulder problem. (focus on the sense in the body and the emotions)

**Session Structure**

- WARM UP: 15min
  - Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:
    1. Sideways Climbing
    2. One Handed on slab
    3. Straight Arm Climbing
    4. Slow Climbing
    5. Silent Climbing
    6. Lateral Climbing
    7. Finding Rest

- THERABAND:
  - Light Shoulder/Rotator Cuff - sets of 10 both sides.
  - Light Tricep - sets of 10 both sides.
  - Light Bi-cep - sets of 10 both sides.

- FLEXIBILITY:
  - Head to Toe stretch - holding stretch for 20 secs
  - Focus on shoulders, Arms, Legs and Hips.

- MAIN SESSION:
  - ARCing Session 1 - 15mins
  - Focus on Technique and Moving at an easy pace.
  - Route must be easy enough for you to climb constantly and not get pumped.
  - Add variation by climbing up and down or different adjacent routes.
  - REST for 15 minutes
  - Repeat ARCing session 1.

**Cardio and Core**

- A light cardio to warm up to do some core strengthening and stretching aimed at increasing Range of Motion
- CARDIO: 30min+
  - Elevated Heart-Rate
- LIGHT CORE:
  - Plank
  - Back Bridge
  - Foot raise
  - Held core and breathing exercises

- STRETCH:
  - Head to Toe stretch -holding stretch for 20 secs
  - Focus on shoulders, Arms, Legs and Hips
**Theme of the Phase**

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<tr>
<td>Wed</td>
<td>Climb</td>
<td>Increasing the amount of ARCl ing. Overload from previous session can be: - More routes per ARCl ing session. - Longer ARCl ing sessions</td>
<td>WARM UP: 15min Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique: 1. Sideways Climbing 2. One Handed on slab 3. Straight Arm Climbing 4. Slow Climbing 5. Silent Climbing 6. Delicate Climbing 7. Finding Rest THERABAND: Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cop - sets of 10 both sides. FLEXIBILITY: Head to Toe stretch - holding stretch for 10 secs Focus on shoulders, Arms, Legs and Hips. MAIN SESSION: ARCl ing Session 1 - 15mins Focus on Technique and Moving at an easy pace. Route must be easy enough for you to climb constantly and not get pumped. Add variation by climbing up and down or different adjacent routes. REST for 15 minutes Repeat ARCl ing session 2 - Focus on good technique and precise feet. REST for 15 minutes Repeat ARCl ing session 3 - Focus on slow but constant movement</td>
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<td>Thur</td>
<td>REST</td>
<td>Mental Skills session with a focus on working on relaxing quickly.</td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 5 minutes. Once relaxed try using some imagery to imagine yourself climbing. 20 Mins Max. - Imagine yourself leading relaxed and in control. - Imagine yourself climbing with confidence - Imagine yourself climbing a boulder problem. (focus on the feelings in your whole body and the thoughts/emotions) - Imagine yourself clipping a quickdraw (Can you hear it close?, Did you feel it in your hand?) - Imagine you are pumped climbing a route and have to make a clip (Can you feel the emotional response? Can you control it?) - Imagine yourself climbing positively with excellent technique through an entire ARCl ing session.</td>
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<td>Fri</td>
<td>Climb</td>
<td>ARCing Overload from previous session can be:</td>
<td>WARM UP: 15min Loop through these exercises on easy Climbs as warm up as it focuses on good technique:</td>
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<td>- More routes per ARCing session.</td>
<td>1. Sideways Climbing</td>
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<td>- Longer ARCing sessions</td>
<td>2. One Handed on slab</td>
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<td>3. Straight Arm Climbing</td>
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<td>4. Slow Climbing</td>
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<td>5. Silent Climbing</td>
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<td>6. Delicate Climbing</td>
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<td>7. Finding Rest</td>
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<td>THERABAND: Light Shoulder/Rotator Cuff - sets of 10 both sides.</td>
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<td>Light Tricep - sets of 10 both sides.</td>
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<td>Light Bi-cep - sets of 10 both sides.</td>
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<td>FLEXIBILITY: Head to Toe stretch - holding stretch for 10 secs Focus on shoulders, Arms, Legs and Hips.</td>
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<td>MAIN SESSION: ARCing Session 1 - 15mins Focus on Technique and Moving at an easy pace. Route must be easy enough for you to climb constantly and not get pumped. Add variation by climbing up and down or different adjacent routes. REST for 15 minutes Repeat ARCing session 2 - Focus on fluid movement. REST for 15 minutes - Repeat ARCing session 3 - Focus on slow but constant movement</td>
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<tr>
<td>Sat</td>
<td>CARDIO &amp; STRETCH</td>
<td>A light cardio to warm up or do some shoulder stability work and flexibility.</td>
<td>CARDIO: 30min+ Elevated Heart-Rate</td>
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<td>Light pull up bar</td>
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<td>FLEXIBILITY: Head to Toe stretch - holding stretch for 10 secs Focus on shoulders, Arms, Legs and Hips.</td>
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<td>Sun</td>
<td>REST</td>
<td>Mental Skills Relax in less than 5 minutes</td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra &quot;RE&quot; on the inhalation and &quot;LAX&quot; on the exhalation. Max time 4 minutes. Once relaxed try using some imagery to imagine yourself climbing .20 Mins Max:</td>
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<td>Imagery to motivate during training and feeling the blood flow through arms.</td>
<td>- Imagine yourself climbing with confidence</td>
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<td>- Imagine yourself clipping a quickdraw (Can you hear it close?, Did you feel it in your hand?)</td>
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<td>- Imagine yourself climbing an ARCing session and feel the benefits of the blood pulsing through the blood vessel in your arms. Feel them swell and strengthen and grow.</td>
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<td>- Imagine yourself climbing positively with excellent technique through an entire ARCing session.</td>
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**Theme of the Phase**

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<td>ARCing Overload from previous session can be:</td>
<td>WARM UP: 15min Loop through these exercises on easy Climbs as warm up as it focuses on good technique:</td>
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<td>- More routes per ARCing session.</td>
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<td>MAIN SESSION: ARCing Session 1 - 15mins Focus on Technique and Moving at an easy pace. Route must be easy enough for you to climb constantly and not get pumped. Add variation by climbing up and down or different adjacent routes. REST for 15 minutes Repeat ARCing session 2 - Focus on fluid movement. REST for 15 minutes - Repeat ARCing session 3 - Focus on slow but constant movement</td>
</tr>
<tr>
<td></td>
<td>CARDIO</td>
<td>A light cardio to warm up or do some shoulder stability work and flexibility.</td>
<td>CARDIO: 30min+ Elevated Heart-Rate</td>
</tr>
<tr>
<td></td>
<td>STRETCH</td>
<td></td>
<td>THERABAND: Light Shoulder/Rotator Cuff - sets of 10 both sides.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Light Tricep - sets of 10 both sides.</td>
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<td></td>
<td></td>
<td></td>
<td>Light Bi-cep - sets of 10 both sides.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Light pull up bar</td>
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<tr>
<td></td>
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<td></td>
<td>FLEXIBILITY: Head to Toe stretch - holding stretch for 10 secs Focus on shoulders, Arms, Legs and Hips.</td>
</tr>
<tr>
<td></td>
<td>REST</td>
<td>Mental Skills Relax in less than 5 minutes</td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra &quot;RE&quot; on the inhalation and &quot;LAX&quot; on the exhalation. Max time 4 minutes. Once relaxed try using some imagery to imagine yourself climbing .20 Mins Max:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Imagery to motivate during training and feeling the blood flow through arms.</td>
<td>- Imagine yourself climbing with confidence</td>
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<td>- Imagine yourself clipping a quickdraw (Can you hear it close?, Did you feel it in your hand?)</td>
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<td></td>
<td>- Imagine yourself climbing an ARCing session and feel the benefits of the blood pulsing through the blood vessel in your arms. Feel them swell and strengthen and grow.</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>- Imagine yourself climbing positively with excellent technique through an entire ARCing session.</td>
</tr>
</tbody>
</table>
Week 4

Climbing session should be lots of climbing but no getting pumped. If you do get pumped drop the grade immediately. Try and add one more route than the previous session each session.

Cardio exercise should preferably include upper body exercise. (Swimming, Surfing, Brisk walking with poles, Rowing)

X-Training shoulder be more cardio focus and exercises shoulder be aimed at working the opposing muscles with light theraband work

Climbing session should be at least 90 minutes long with 30 - 60 minutes of climbing

<table>
<thead>
<tr>
<th>Theme of the Phase</th>
<th>Week</th>
<th>Weekly Theme/Work load</th>
<th>Day</th>
<th>Exercise Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>No. of Routes</th>
<th>Max Grade</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 4</td>
<td></td>
<td></td>
<td>Mon</td>
<td>Climb</td>
<td>ARCing</td>
<td>WARM UP: 15min</td>
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<td></td>
<td>Overload from previous session can be:</td>
<td>Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:</td>
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<td></td>
<td>- More routes per ARCing session.</td>
<td>1. Sideways Climbing</td>
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<td></td>
<td>- Longer ARCing sessions</td>
<td>2. One Handed on slab</td>
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<td>3. Straight Arm Climbing</td>
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<td>4. Slow Climbing</td>
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<td>5. Silent Climbing</td>
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<td>6. Delicate Climbing</td>
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<td>7. Finding Rest</td>
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<td></td>
<td>THERABAND:</td>
<td>Light Shoulder/Rotator Cuff - sets of 10 both sides.</td>
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<td></td>
<td></td>
<td>Light Tricep - sets of 10 both sides.</td>
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<td></td>
<td>Light Bi-cep - sets of 10 both sides.</td>
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<td>FLEXIBILITY:</td>
<td>Head to Toe stretch - holding stretch for 10 secs</td>
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<td></td>
<td>Focus on shoulders, Arms, Legs and Hips.</td>
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<td></td>
<td>MAIN SESSION:</td>
<td>Same as last session but pick up the pace to finish it in less time.</td>
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<td></td>
<td>ARCing Session 1 - 15mins</td>
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<td></td>
<td>Focus on Technique and Moving at an easy pace.</td>
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<td></td>
<td>Route must be easy enough for you to climb constantly and not get pumped.</td>
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<td>Add variation by climbing up and down or different adjacent routes.</td>
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<td>REST for 15 minutes</td>
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<td></td>
<td>Repeat ARCing session 2 - Focus on fluid movement.</td>
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<td>Repeat ARCing session 3 - Focus on slow but constant movement</td>
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<td></td>
<td>Tue</td>
<td>Cardio and Core</td>
<td>A light cardio to warm up to do some core strengthening and stretching aimed at increasing Range of Motion</td>
<td>CARDIO: 30min+ Elevated Heart/Rate</td>
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<td>LIGHT CORE:</td>
<td>Plank</td>
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<td></td>
<td>Back Bridge</td>
<td>Foot raise</td>
<td>Hold core and breathing exercises</td>
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<td></td>
<td>STRETCH:</td>
<td>Head to Toe stretch - holding stretch for 10 secs</td>
<td>Focus on shoulders, Arms, Legs and Hips</td>
<td></td>
</tr>
</tbody>
</table>
### Theme of the Phase | Week | Weekly Theme/Work Load
--- | --- | ---
**Wed** | Climb | ARCing  
Overload from previous session can be:  
1. More routes per ARCing session.  
2. Longer ARCing sessions  
WARM UP: 15min  
Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:  
1. Sideways Climbing  
2. One Handed on slab  
3. Straight Arm Climbing  
4. Slow Climbing  
5. Silent Climbing  
6. Delicate Climbing  
7. Finding Rest  
THERABAND:  
Light Shoulder/Rotator Cuff - sets of 10 both sides.  
Light Tricep - sets of 10 both sides.  
Light Bi-cep - sets of 10 both sides.  
FLEXIBILITY:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips.  
MAIN SESSION:  
Same as last session with the quick pace and an extra ARCing session.  
ARCing Session 1 - 15mins  
Focus on Technique and Moving at an easy pace.  
Route must be easy enough for you to climb constantly and not get pumped.  
Add variation by climbing up and down or different adjacent routes.  
REST for 15 minutes  
Repeat ARCing session 2 - Focus on fluid movement.  
REST for 15 minutes -  
Repeat ARCing session 3 - Focus on constant movement.
**Thu** | RELAX | Mental Skills  
Relax in less than 5 minutes  
Imagery to motivate during training and feeling the blood flow through arms.  
Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 4 minutes.  
Once relaxed try using some imagery to imagine yourself climbing. 20 Mins Max.  
* Imagine yourself climbing with confidence  
* Imagine yourself clipping a quickdraw (Can you hear it close?, Did you feel it in your hand?)  
* Imagine yourself climbing an ARCing session and feel the benefits of the blood pulsing through the blood vessel in your arms. Feel them swell and strengthen and grow.  
* Imagine yourself climbing positively with excellent technique through an entire ARCing session.
<table>
<thead>
<tr>
<th>Day</th>
<th>Main Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Fri | CLIMB ARCing | Overload from previous session can be:  
- More routes per ARCing session.  
- Longer ARCing sessions  
- Extra Arc session has been added as well. | WARM UP: 15min  
Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:  
1. Sideways Climbing  
2. One Handed on slab  
3. Straight Arm Climbing  
4. Slow Climbing  
5. Silent Climbing  
6. Delicate Climbing  
7. Finding Rest  
THERABAND:  
Light Shoulder/Rotator Cuff - sets of 10 both sides.  
Light Tricep - sets of 10 both sides.  
Light Bi-cep - sets of 10 both sides.  
FLEXIBILITY:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips.  
MAIN SESSION:  
ARCing Session 1 - 15mins  
Focus on Technique and Moving at an easy pace.  
Route must be easy enough for you to climb constantly and not get pumped.  
Add variation by climbing up and down or different adjacent routes.  
REST for 15 minutes  
Repeat ARCing session 2 - Focus on fluid movement.  
REST for 15 minutes -  
Repeat ARCing session 3 - Focus on constant movement  
Repeat ARCing session 4 - Focus on slow but constant movement | | |
| Sat | CARDIO & STRETCH | A light cardio to warm up to do some shoulder strengthening and stretching aimed at increasing Range of Motion | CARDIO: 30min+  
Elevated Heart-Rate  
THERABAND:  
Light Shoulder/Rotator Cuff - sets of 10 both sides.  
Light Tricep - sets of 10 both sides.  
Light Bi-cep - sets of 10 both sides.  
FLEXIBILITY:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips | | |
| Sun | MENTAL SKILLS | Mental Skills  
Imagery to motivate during training and feeling the blood flow through arms. | Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 5 minutes.  
Once relaxed try using some imagery to imagine yourself climbing. 20 Mins Max:  
• Imagine yourself climbing with confidence  
• Imagine yourself clipping a quickdraw (Can you hear it close?, Did you feel it in your hand?)  
• Imagine yourself climbing an ARCing session and feel the benefits of the blood pulsing through the blood vessel in your arms. Feel them swell and strengthen and grow.  
• Imagine yourself climbing positively with excellent technique through an entire ARCing session | | |

Theme of the Phase

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</table>
| 1    |  | Fri | CLIMB ARCing | Overload from previous session can be:  
- More routes per ARCing session.  
- Longer ARCing sessions  
- Extra Arc session has been added as well. | WARM UP: 15min  
Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:  
1. Sideways Climbing  
2. One Handed on slab  
3. Straight Arm Climbing  
4. Slow Climbing  
5. Silent Climbing  
6. Delicate Climbing  
7. Finding Rest  
THERABAND:  
Light Shoulder/Rotator Cuff - sets of 10 both sides.  
Light Tricep - sets of 10 both sides.  
Light Bi-cep - sets of 10 both sides.  
FLEXIBILITY:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips.  
MAIN SESSION:  
ARCing Session 1 - 15mins  
Focus on Technique and Moving at an easy pace.  
Route must be easy enough for you to climb constantly and not get pumped.  
Add variation by climbing up and down or different adjacent routes.  
REST for 15 minutes  
Repeat ARCing session 2 - Focus on fluid movement.  
REST for 15 minutes -  
Repeat ARCing session 3 - Focus on constant movement  
Repeat ARCing session 4 - Focus on slow but constant movement | |
Week 5

Climbing session should be lots of climbing but no getting pumped. If you do get pumped drop the grade immediately. Carry on adding extra routes and also try adding in a couple of route introduce more of a light pump, but do an easy route in between each. Again no more than a light pump.

Cardio exercise should preferably include upper body exercise. (Swimming, Surfing, Brisk walking with poles, Rowing)

X-Training shoulder be more cardio focus and exercises shoulder be aimed at working the opposing muscles with light theraband work.

Climbing session should be at least 90 minutes long with 30 - 60 minutes of climbing.

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<tr>
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</table>
| Mon | CLIMB ARCing | Overload from previous session can be:  
- More routes per ARCing session.  
- Longer ARCing sessions  
- Possibly add some harder routes, but drop if getting more than light pump. | WARM UP: 15min  
Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:  
1. Sideways Climbing  
2. One Handed on slab  
3. Straight Arm Climbing  
4. Slow Climbing  
5. Silent Climbing  
6. Delicate Climbing  
7. Finding Rest  
THERABAND:  
Light Shoulder/ Rotator Cuff - sets of 10 both sides.  
Light Tricep - sets of 10 both sides.  
Light Bi-cep - sets of 10 both sides.  
FLEXIBILITY:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips.  
MAIN SESSION:  
Same as last session with the quick pace and an extra ARCing session.  
ARCing Session 1 - 15mins  
Focus on Technique and Moving at an easy pace.  
Route must be easy enough for you to climb constantly and not get pumped.  
Add variation by climbing up and down or different adjacent routes.  
REST for 15 minutes  
Repeat ARCing session 2 - Focus on fluid movement.  
REST for 15 minutes -  
Repeat ARCing session 3 - Focus on constant movement  
Repeat ARCing session 4 - Focus on slow but constant movement |
| Tues | CARDIO, CORE & STRETCH | A light cardio to warm up to do some core strengthening and stretching aimed at increasing Range of Motion | CARDIO: 30min+  
Elevated Heart-Rate  
LIGHT CORE:  
Plank  
Back Bridge  
Foot raises  
Hold core and breathing exercises  
STRETCH:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips |
**WARM UP:** 15 min
Loop through these exercises on easy climbs as warm up as it focuses the mind on good technique:
1. Sideways Climbing
2. One Handed on slab
3. Straight Arm Climbing
4. Slow Climbing
5. Silent Climbing
6. Delicate Climbing
7. Finding Rest

**THERABAND:**
- Light Shoulder/rotator cuff - sets of 10 both sides.
- Light Tricep - sets of 10 both sides.
- Light Bi-cep - sets of 10 both sides.

**FLEXIBILITY:**
Head to Toe stretch - holding stretch for 10 secs
Focus on shoulders, arms, legs and hips.

**MAIN SESSION:**
Same as last session with the quick pace and an extra Arcing session.
**Arcing Session 1 - 15 mins**
Focus on Technique and Moving at an easy pace.
Route must be easy enough for you to climb constantly and not get pumped.
Add variation by climbing up and down or different adjacent routes.
**REST for 15 minutes**
Repeat Arcing session 2 - Focus on fluid movement.
**REST for 15 minutes**
Repeat Arcing session 3 - Focus on constant movement
Repeat Arcing session 4 - Focus on slow but constant movement

**Mental Skills**
Relax in less than 3 minutes
Imagery to motivate during training and feeling the blood flow through arms.

Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes.
Once relax try using some imagery to imagine yourself climbing, 20 Mins Max.
- Imagine yourself leading a hard route and staying relaxed and in control.
- Imagine yourself making perfect clips.
- Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you.
- Imagine yourself climbing an Arcing session and feel the benefits of the blood pulsing through the blood vessel in your arms. Feel them swell and strengthen and grow.
- Imagine yourself climbing positively with excellent technique through an entire Arcing session.
### Theme of the Phase

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<tr>
<th>Day</th>
<th>Weekly Theme/Workload</th>
<th>Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>No. of Routes</th>
<th>Max Grade</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Fri | Climb                  | ARCing   | Overload from previous session can be:  
• More routes per ARCing session.  
• Longer ARCing sessions  
• Possibly add some harder routes, but drop if getting more than light pump.  
   | WARM UP: 15min  
   Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:  
1. Sideways Climbing  
2. One Handed on slab  
3. Straight Arm Climbing  
4. Slow Climbing  
5. Silent Climbing  
6. Delicate Climbing  
7. Finding Rest  
   | THERABAND:  
   Light Shoulder/Rotator Cuff - sets of 10 both sides.  
   Light Tricep - sets of 10 both sides.  
   Light Bi-cep - sets of 10 both sides.  
   | FLEXIBILITY:  
   Head to Toe stretch - holding stretch for 10 secs  
   Focus on shoulders, Arms, Legs and Hips.  
   | MAIN SESSION:  
   Same as last session with the quick pace and an extra ARCing session.  
   ARCing Session 1 - 15mins  
   Focus on Technique and Moving at an easy pace.  
   Route must be easy enough for you to climb constantly and not get pumped.  
   Add variation by climbing up and down or different adjacent routes.  
   REST for 15 minutes  
   Repeat ARCing session 1 - Focus on fluid movement.  
   REST for 15 minutes -  
   Repeat ARCing session 2 - Focus on constant movement  
   Repeat ARCing session 3 - Focus on slow but constant movement |
| Sat | X-Training and stretch | A light cardio to warm up to do some shoulder strengthening and stretching aimed at increasing Range of Motion  
   | CARDIO: 30min+  
   Elevated Heart Rate  
   | THERABAND:  
   Light Shoulder/Rotator Cuff - sets of 10 both sides.  
   Light Tricep - sets of 10 both sides.  
   Light Bi-cep - sets of 10 both sides.  
   | FLEXIBILITY:  
   Head to Toe stretch - holding stretch for 10 secs  
   Focus on shoulders, Arms, Legs and Hips.  
   |
| Sun | Mental Skills          | Relax in less than 3 minutes  
   Imagery to motivate during training and feeling the blood flow through arms.  
   Focus on trying to control image, feelings and emotion responses.  
   | Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes.  
   | Once relaxed try using some imagery to imagine yourself climbing. 20 Mins Max.  
   • Imagine yourself leading a hard route and staying relaxed and in control.  
   • Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you.  
   • Imagine yourself making perfect clips and climbing with perfect technique.  
   • Imagine yourself climbing an ARCing session and feel the benefits of the blood pulsing through the blood vessel in your arms. Feel them swell and strengthen and grow.  
   • Imagine yourself climbing positively with excellent technique through an entire ARCing session.  
   |
### Week 6

#### Climbing session should be lots of climbing but no getting pumped. If you do get pumped drop the grade immediately. Carry on adding extra routes and also try adding in a couple of route introduce more of a light pump, but do an easy route in between each. Again no more than a light pump.

Cardio exercise should preferably include upper body exercise. (Swimming, Surfing, Brisk walking with poles, Rowing)

X-Training shoulder be more cardio focus and exercises shoulder be aimed at working the opposing muscles with light theraband work.

Climbing session should be at least 90 minutes long with 30 - 60 minutes of climbing.

<table>
<thead>
<tr>
<th>Theme of the Phase</th>
<th>Week</th>
<th>Daily Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>No. of Routes</th>
<th>Max Grade</th>
<th>Notes</th>
</tr>
</thead>
</table>
| **Week 6**         | **CLIMB** | ARCing | Overload from previous session can be:  
  - More routes per ARCing session.  
  - Longer ARCing sessions  
  - Possibly add some harder routes, but drop if getting more than light pump.  
  WARM UP: 15min  
  Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:  
  1. Sideways Climbing  
  2. One Handed on slab  
  3. Straight Arm Climbing  
  4. Slow Climbing  
  5. Silent Climbing  
  6. Delicate Climbing  
  7. Finding Rest  
  THERABAND:  
  Light Shoulder/Rotator Cuff - sets of 10 both sides.  
  Light Tricep - sets of 10 both sides.  
  Light Bi-cop - sets of 10 both sides.  
  FLEXIBILITY:  
  Head to Toe stretch - holding stretch for 10 secs  
  Focus on shoulders, Arms, Legs and Hips.  
  MAIN SESSION:  
  Same as last session with the quick pace and an extra ARCing session.  
  ARCing Session 1 - 15mins  
  Focus on Technique and Moving at an easy pace.  
  Route must be easy enough for you to climb constantly and not get pumped.  
  Add variation by climbing up and down or different adjacent routes.  
  REST for 15 minutes  
  Repeat ARCing session 2 - Focus on fluid movement.  
  REST for 15 minutes  
  Repeat ARCing session 2 - Focus on constant movement  
  Repeat ARCing session 3 - Focus on slow but constant movement.  |
| **Tues** | **Cardio and Core** | A light cardio to warm up to do some core strengthening and stretching aimed at increasing Range of Motion | CARDIO: 30min+ Elevated Heart-Rate  
LIGHT CORE:  
Plank  
Back Bridge  
Foot raise  
Hold core and breathing exercises  
STRETCH:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips |
**Week 1**

**Day** | **Activity** | **Focus for the Session** | **Session Structure**
--- | --- | --- | ---
**Wed** | Climb ARCing | Overload from previous session can be:  
- More routes per ARCing session.  
- Longer ARCing sessions  
- Possibly add some harder routes, but drop if getting more than light pump. | WARM UP: 15min  
Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique:  
1. Sideways Climbing  
2. One Handed on slab  
3. Straight Arm Climbing  
4. Slow Climbing  
5. Silent Climbing  
6. Delicate Climbing  
7. Finding Rest  
THERABAND:  
Light Shoulder/Rotator Cuff - sets of 10 both sides.  
Light Tricep - sets of 10 both sides.  
Light Bi-cep - sets of 10 both sides.  
FLEXIBILITY:  
Head to Toe stretch - holding stretch for 10 secs  
Focus on shoulders, Arms, Legs and Hips.  
MAIN SESSION:  
Same as last session with the quick pace and an extra ARCing session.  
ARCing Session 1 - 15mins  
Focus on Technique and Moving at an easy pace.  
Route must be easy enough for you to climb constantly and not get pumped.  
Add variation by climbing up and down or different adjacent routes.  
REST for 15 minutes  
Repeat ARCing session 2 - Focus on fluid movement.  
REST for 15 minutes -  
Repeat ARCing session 3 - Focus on constant movement  
Repeat ARCing session 4 - Focus on slow but constant movement

**Thur** | Mental Skills | Relax in less than 2 minutes  
Imagery to motivate during training and feeling the blood flow through arms.  
You should also be able to control the image and feelings to a certain extent alter the emotional responses to the image. | Spend some time focusing on breathing. Slow it down and use the mantra "RE" on the inhalation and "LAX" on the exhalation. Max time 2 minutes.  
Once relax try using some imagery to imagine yourself climbing. 20 Mins Max.  
- Imagine yourself leading a hard route and staying relaxed and in control.  
- Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you.  
- Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on); You wrong hand yourself and start to panic (imagine getting out of situation and carrying on fight your way to the top; What is you worse case scenario?  
Imagine yourself climbing an ARCing session and feel the benefits of the blood pulsing through the blood vessel in your arms.  
Feel them swell and strengthen and grow.  
- Imagine yourself climbing positively with excellent technique through an entire ARCing session.
Climb

WARM UP: 15min
Loop through these exercises on easy Climb as warm up as it focuses the mind on good technique:
1. Sideways Climbing
2. One Handed on slab
3. Straight Arm Climbing
4. Slow Climbing
5. Silent Climbing
6. Delicate Climbing
7. Finding Rest

THERABAND:
Light Shoulder/Rotator Cuff - sets of 10 both sides.
Light Tricep - sets of 10 both sides.
Light Bi-cep - sets of 10 both sides.

FLEXIBILITY:
Head to Toe stretch - holding stretch for 10 secs
Focus on shoulders, Arms, Legs and Hips.

MAIN SESSION:
Same as last session with the quick pace and an extra ARCing session.
ARCing Session 1 - 15mins
Focus on Technique and Moving at an easy pace.
Route must be easy enough for you to climb constantly and not get pumped.
Add variation by climbing up and down or different adjacent routes.
REST for 15 minutes
Repeat ARCing session 1 - Focus on fluid movement.
REST for 15 minutes -
Repeat ARCing session 1 - Focus on constant movement
Repeat ARCing session 1 - Focus on slow but constant movement

X- Training and stretch

CARDIO: 30min+
Elevated Heart-Rate

THERABAND:
Light Shoulder/Rotator Cuff - sets of 10 both sides.
Light Tricep - sets of 10 both sides.
Light Bi-cep - sets of 10 both sides.

FLEXIBILITY:
Head to Toe stretch - holding stretch for 10 secs
Focus on shoulders, Arms, Legs and Hips

Sun
This phase is focused on developing strength and power. It is important to remember that it is best to develop your strength first and then your power.

This phase is best done exclusively bouldering, although you may wish to climb routes to warn up and you must warn up thoroughly prior to working on your strength.

The number of session we do a week come down as we will need to recover for two days from some session in this phase.

We also want to reduce the volume of climbing per session. So after a warm up you might only expect to have done 15 minutes climbing in a 1 hour session (or around 20 boulder problems).

Things to watch for are carrying on a session once you have lost contact finger strength. If this happens stop climbing fingers and dynamic problems to avoid injury to your fingers. Move instead onto working the bigger muscles in your shoulder and core strength by using buggy problems, rings, pull up bars or peg board.

### Week 7

**Weekly Theme/Work load**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Climb</td>
<td>An intro to bouldering and strength phase with slow build up in first week. Finger strength Shoulder strength and rotation</td>
<td>WARM UP: 15mins  Easy traversing  • Sideways  • One handed if slab  • Cross through and stretch shoulders  • Swing between holds  V-Easy Problems  • Precise Footwork  • Efficient movement  • Side, One/No Handed on slabs  V0 - 5 routes (Slab, Vert, Gentle, Mode, Steep)  V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep)  THERABAND-SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cep - sets of 10 both sides.</td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td>Relax</td>
<td>Relax in less than a minute</td>
<td>Once relax try using some imagery to imagine yourself climbing.  • Imagine yourself pulling through the crux of a hard bolder problem.  • Try and imagine yourself climb a problem from yesterday from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions)</td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>Climb</td>
<td>Another strength session with some light conditioning.</td>
<td>WARM UP: 15mins  Easy traversing  • Sideways  • One handed if slab  • Cross through and stretch shoulders  • Swing between holds  V-Easy Problems  • Precise Footwork  • Efficient movement  • Side, One/No Handed on slabs  V0 - 5 routes (Slab, Vert, Gentle, Mode, Steep)  V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep)  THERABAND-SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cep - sets of 10 both sides.</td>
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</tr>
</tbody>
</table>
Thursday

Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes.

Once relax try using some imagery to imagine yourself climbing,
- Imagine yourself pulling through the crux of a hard boulder problem.
- Try and imagine yourself climb a problem from yesterday from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions)
- Imagine yourself leading a hard route and staying relaxed and in control.
- Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you.
- Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on); You wrong hand yourself and start to panic (imagine getting out of situation and carry on fight your way to the top; What is your worse case scenario?)

Friday

Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes.

Once relax try using some imagery to imagine yourself climbing,
- Imagine yourself pulling through the crux of a hard boulder problem.
- Try and imagine yourself climb a problem from yesterday that you did not complete climb it from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions)
- Imagine yourself leading a hard route and staying relaxed and in control.
- Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you.
- Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on); You wrong hand yourself and start to panic (imagine getting out of situation and carry on fight your way to the top; What is your worse case scenario?)

Theme of the Phase | Week | Weekly Theme/Work load | Day | Rep. Activity | Focus for the Session | Session Structure | No. of Routes | Max Grade | Notes
--- | --- | --- | --- | --- | --- | --- | --- | --- | ---
Thur | | | | | | | | | 
Fri | | | | | | | | |
**Theme of the Phase** | **Weekly Theme/Work load** | **Day** | **Activity** | **Focus for the Session** | **Session Structure** | **No. of Routes** | **Max Grade** | **Notes** |
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</thead>
<tbody>
<tr>
<td>Wed</td>
<td>Climb</td>
<td>An easier session than previous sessions. Focus on breathing exercises to relax and recover between boulder problems and attempts. When you are relaxed, use imagery to imagine yourself performing the problem faultlessly.</td>
<td>WARM UP: 15mins Easy traversing • Sideways • One handed if slab • Cross through and stretch shoulders • Swing between holds V-Easy Problems • Precise Footwork • Efficient movement • Side, One/No Handed on slabs V0 - 5 routes (Slab, Vert, Gentle, Mode, Steep) V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep) THERABAND-SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cop - sets of 10 both sides. MAIN SESSION: Bouldering with a focus on slow movement rather than power and dynamic movement to overcome a difficult section. Focus on steeper problems with larger holds and work arms and shoulder rotation, as you have a fingerboard session after. Climb 8 problems at limit. 3 attempts max. Rest 3-5 minutes between. FINGERBOARD: Finger strength Session. Max 10 secs dead hangs on edged, Front and back three</td>
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<tr>
<td>Sun</td>
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<td>Spend some time focusing on breathing. Slow it down and use the mantra &quot;RE&quot; on the inhalation and &quot;LAX&quot; on the exhalation. Max time 3 minutes. Once relax try using some imagery to imagine yourself climbing. • Imagine yourself pulling through the crux of a hard boulder problem. • Try and imagine yourself climb a problem from yesterday that you did not complete climb it from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions) • Imagine yourself leading a hard route and staying relaxed and in control. • Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you. • Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on); You wrong hand yourself and start to panic (imagine getting out of situation and carrying on fight your way to the top; What is you worse case scenario?</td>
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</table>
last week as a guide. Focus on ones you can climb statically. for the first to sessions.
Boulder on different angles to work feet, legs, core, shoulders, arms and fingers.

In the final session really push yourself, use more dynamic movement and once you have lost contact finger strength. Move onto foot on campus, rings, pull bar and core work out.

<table>
<thead>
<tr>
<th>Theme of the Phase</th>
<th>Week</th>
<th>Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>No. of Routes</th>
<th>Max Grade</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>climb</td>
<td>A very intense session with a longer conditioning session at the end. Focus on breathing exercises to relax and recover before boulder problems and attempts. When you are relaxed, use imagery to imagine yourself performing the problem faultlessly.</td>
<td>WARM UP: 15mins Easy traversing - Sideways, One handed if slab, Cross through and stretch shoulders, Swing between holds V-Easy Problems - Precise Footwork, Efficient movement - Side, One/No Handed on slabs V0 - 5 routes (Slab, Vert, Gentle, Mode, Steep) V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep)</td>
<td>THERABAND-SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cop - sets of 10 both sides.</td>
<td>MAIN SESSION: Bouldering with a focus on slow movement rather than power and dynamic movement to overcome a difficult section. Climb problems at limit. 3 attempts max. Rest 3-5 minutes between. Stop bouldering when you feel your contact strength failing. CONDITIONING: Rings, Pull up, Pegboard, Foot on Campus</td>
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<tr>
<td>Thur</td>
<td>climb</td>
<td>Another easier session, allow yourself to recover and be cautious if you feel any pulls from the previous hard session. If you feel an injury or slight pull do not push yourself. Focus instead on steep rock technique.</td>
<td>WARM UP: 15mins Easy traversing - Sideways, One handed if slab, Cross through and stretch shoulders, Swing between holds V-Easy Problems - Precise Footwork, Efficient movement - Side, One/No Handed on slabs V0 - 5 routes (Slab, Vert, Gentle, Mode, Steep) V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep)</td>
<td>THERABAND-SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cop - sets of 10 both sides.</td>
<td>MAIN SESSION: Bouldering with a focus on slow movement rather than power and dynamic movement to overcome a difficult section. Looking focusing on steep rock technique: Drop Knee, Inner Flag, Out Flag, Drill boarding, heel hooking, Dynamic versus Static, Climbing problems at limit 3 attempts max. Rest 3-5 minutes between.</td>
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<tr>
<td>Theme of the Phase</td>
<td>Week</td>
<td>Activity</td>
<td>Focus for the Session</td>
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<tr>
<td>Fri</td>
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<td>Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes. Once relax try using some imagery to imagine yourself climbing. • Imagine yourself pulling through the crux of a hard boulder problem. • Try and imagine yourself climb a problem from yesterday that you did not complete climb it from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions) • Imagine yourself leading a hard route and staying relaxed and in control. • Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you. • Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on). You wrong hand yourself and start to panic (imagine getting out of situation and carrying on fight your way to the top). What is you worse case scenario?</td>
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<tr>
<td>Wed</td>
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<td>WARM UP: 15mins Easy traversing • Sideways • One handed if slab • Cross through and stretch shoulders • Swing between holds V-Easy Problems • Precise Footwork • Efficient movement • Side, One/No Handed on slabs V0 - 5 routes (Slab, Vert, Gentle, Mode, Steep) V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep) THERABAND-SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cep - sets of 10 both sides. MAIN SESSION: Bouldering with a focus on a variety of strength, power, steep moves, vertical and slab problems. Balance problems. Try to read the routes and do the routes first time. Climb problems near limit. 3 attempts max. Rest 3-5 minutes between.</td>
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<tr>
<td>Sun</td>
<td></td>
<td>climb</td>
<td>Another session, again relax if you have any niggling injuries and instead focus on technique.</td>
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<tr>
<td>Mon</td>
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<td></td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes. Once relax try using some imagery to imagine yourself climbing. • Imagine yourself pulling through the crux of a hard boulder problem. • Try and imagine yourself climb a problem from yesterday that you did not complete climb it from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions) • Imagine yourself leading a hard route and staying relaxed and in control. • Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you. • Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on). You wrong hand yourself and start to panic (imagine getting out of situation and carrying on fight your way to the top). What is you worse case scenario?</td>
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<tr>
<td>Sun</td>
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<td></td>
<td>Week 9 During this final week we are only going to have two session but they are both going to be hard. Work on problems at you limit and harder. These should be at the same level of harder than the previous sessions max.</td>
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<tr>
<td>Wed</td>
<td></td>
<td></td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes. Once relax try using some imagery to imagine yourself climbing. • Imagine yourself pulling through the crux of a hard boulder problem. • Try and imagine yourself climb a problem from yesterday that you did not complete climb it from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions) • Imagine yourself leading a hard route and staying relaxed and in control. • Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you. • Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on). You wrong hand yourself and start to panic (imagine getting out of situation and carrying on fight your way to the top). What is you worse case scenario?</td>
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<tr>
<td>Theme of the Phase</td>
<td>Weekly Theme/Work load</td>
<td>Day</td>
<td>Activity</td>
<td>Focus for the Session</td>
<td>Session Structure</td>
<td>No. of Routes</td>
<td>Max Grade</td>
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<tr>
<td>Tues</td>
<td>Climb</td>
<td>Tues</td>
<td>This is the penultimate training session. This is going to be the biggest training session.</td>
<td>WARM UP: 15mins Easy traversing • Sideways • One handed if slab • Cross through and stretch shoulders • Swing between holds V-Easy Problems • Precise Footwork • Efficient movement • Side, One/No Handed on slabs VO - 5 routes (Slab, Vert, Gentle, Mode, Steep) V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep) THERABAND-SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cap - sets of 10 both sides. MAIN SESSION: Bouldering with a focus going all out on hard problems. If you have some worked problems aim to do them first go. Similarly if you have some projects aim to send them this session. 3-5 attempts max. Rest 3-5 minutes between. Stop bouldering when you feel your contact strength failing. CONDITIONING: Short fingerboard (deadhang, front and back three) Rings Pegboard Foot on Campus</td>
<td>23</td>
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<td></td>
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<tr>
<td>Thur</td>
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<td>Thur</td>
<td>Spend some time focusing on breathing. Slow it down and use the mantra “RE” on the inhalation and “LAX” on the exhalation. Max time 3 minutes. Once relax try using some imagery to imagine yourself climbing. • Imagine yourself pulling through the crux of a hard boulder problem. • Try and imagine yourself climb a problem from yesterday that you did not complete climb it from bottom to top in one continuous push. (feeling of hand and foot holds, body tension, emotions) • Imagine yourself leading a hard route and staying relaxed and in control. • Imagine yourself climbing a hard route and coming up against a gripper clipper, as you make it believe you are solid on the hold and even if you do fall the rope has you. • Imagine some what if scenarios - You reach a hold you wanted to clip from and it is too bad (go on, try to clip, reverse and continue on); You wrong hand yourself and start to panic (imagine getting out of situation and carrying on fight your way to the top; What is you worse case scenario?</td>
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<td>Fri</td>
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This phase is aimed at pushing yourself on routes. You should be working towards being totally pumped by the end of the session.

It is important to remember that in the initial part of this phase we are looking to big up the pump or 'blood lactate accumulation' by a gradual build up on route you should be able to push on through even when pumped.

The routes should be sustained and not crux. You should know the routes so you are not having to read them instead it is just the physical act of climbing them.

Towards the end of the phase the training should move on to try and replicate the type

<table>
<thead>
<tr>
<th>Week 10</th>
<th>Start Date</th>
<th>Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
<th>No. of Routes</th>
<th>Max Grade</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td></td>
<td>Climb</td>
<td>A session to transition into anaerobic endurance. Make notes of any negative thoughts when on the 3x3 on lead.</td>
<td>WARM UP: 15mins Easy traversing • Sideways • One handed if slab • Cross through and stretch shoulders • Swing between holds V-Easy Problems • Precise Footwork • Efficient movement • Side, One/No Handed on slabs V0 - 5 routes (Slab, Vert, Gentle, Mode, Steep) V1 - 5 routes (Slab, Vert, Gentle, Mode, Steep) THERABAND - SHOULDER STABILITY Light Shoulder/Rotator Cuff - sets of 10 both sides. Light Tricep - sets of 10 both sides. Light Bi-cap - sets of 10 both sides. MAIN SESSION: Bouldering with a focus on slow movement rather than power and dynamic movement to overcome a difficult section. Climb problems at limit. 3-5 attempts max. Rest 3-5 minutes between.</td>
<td>24</td>
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</tbody>
</table>
of route you are aim for. In terms of length, hold type and angle if possible. Although many walls this will inevitably be on steeper ground.

For example: If you wall is 12 metres and you want to climb 25 metre routes then 2 x 2 will be a good end point. Where as if the routes you are aiming for are 40m you may well need to stay with 4x4 or 3x3.

If you are aiming at redpointing high grades rather than on-sighting then the route should feel more powerful than strenuous.

Session will last a long time and you will climb, belay and then need more time to recover between each set of routes. Climbing as a three and rotating through this is a good way to stay psyched, social and allow enough time to rest.

**WED**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Focus for the Session</th>
<th>Session Structure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td><strong>Climb</strong></td>
<td>Start applying the mental skills of self-talk, imagery and relaxation to your climbing on hard routes. All will help with the determination to succeed in the exercises. Even try to complete 3x3 and 4x4 is desperate. Whilst we don’t want to waste time with falling sessions. Instead look to bus yourself to failure on the last route and fall wherever that happens. Failing that clip drop from lower off.</td>
<td><strong>MAIN SESSION:</strong> 3x3 - CLIMB, REST, BELAY - 5 to 10 minute</td>
</tr>
</tbody>
</table>

**Thur**

- **WARM UP:** 15min
  - Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique. Do three routes at a time before swapping belayer or on auto-belays:
    1. Sideways Climbing
    2. One Handed on slab
    3. Straight Arm Climbing
    4. Slow Climbing
    5. Silent Climbing
    6. Delicate Climbing

- **THERABAND:**
  - Light Shoulder/Rotator Cuff - sets of 10 both sides.
  - Light Tricep - sets of 10 both sides.
  - Light Bi-cep - sets of 10 both sides.

**FRI**

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Fri</td>
<td><strong>Climb</strong></td>
<td>You should be able to relax/drop your heart rate by 10 BPM in 3 breathes (1 minute) Were their any negative thoughts in the form of self talk or images? If images use imagery to overcome. If self talk is there any way you can stop and reframe the internal dialogue. Start overtly by shouting out e.g. &quot;I am solid on this hold&quot;, &quot;Go Fot It&quot;...</td>
<td><strong>MAIN SESSION:</strong> 4x4 - CLIMB, REST, BELAY - 5 to 10 minute</td>
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**SAT**

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<tr>
<td>Sat</td>
<td><strong>Climb</strong></td>
<td>This is a longer session than the last two but the 3x3 will have got you used to the types of volume. Drop the grades a bit and work on getting really pumped. Whilst we don’t want to waste time with falling sessions. Instead look to bus yourself to failure on the last route and fall wherever that happens. Failing that clip drop from lower off.</td>
<td><strong>MAIN SESSION:</strong> 4x4 - CLIMB, REST, BELAY - 5 to 10 minute</td>
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<tr>
<td>Theme of the Phase</td>
<td>Week 11</td>
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<td><strong>Week</strong></td>
<td><strong>Start of the week do a 4x4. Then move back to 3x3. Really aim to be failing at or near you limit.</strong></td>
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<td><strong>Try using routes of different difficulty, say 7a, 6c, 6b on a 3x3. Then try moving them around to 6c, 6b+, 7a and finagling 6b, 6c, 7a. Mimicking a long route with the crux then at the top.</strong></td>
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<td><strong>This altering the order and the difficult of the routes is how we are going to add overload to these sessions. Keep the rest constant even add time if necessary to allow yourself to recover as much as possible between sets of climbs.</strong></td>
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<td><strong>Focus on the mental skills to keep going, stay relaxed and climb with good technique when totally pumped.</strong></td>
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**Week 11:**

**Day** | **Activity** | **Focus for the Session** | **Session Structure** | **No. of Routes** | **Max Grade** | **Notes** |
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<td><strong>If self talk is there any way you can stop and refraime the internal dialogue.</strong></td>
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<td><strong>Start overtly by shouting out. e.g. “I am solid on this hold”, “Go For It”...</strong></td>
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<td>Tues</td>
<td><strong>Climb</strong></td>
<td><strong>If your aim is more bouldery routes, consider doing the 4x4 on long steep and sustain boulder problems. This will work the higher end of the anaerobic endurance.</strong></td>
<td><strong>WARM UP: 15min</strong></td>
<td><strong>Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique. Do three routes at a time before swapping belayer or on auto-belay: 1. Sideways Climbing 2. One Handed on slab 3. Straight Arm Climbing 4. Slow Climbing 5. Silent Climbing 6. Delicate Climbing</strong></td>
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<td><strong>Again work on apply those mental skills to overcome your fears. Whilst we don’t want to waste time with falling sessions, instead look to bus yourself to failure on the last route and fall wherever that happens. Failing that clip drop from lower off.</strong></td>
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<td><strong>Start overtly by shouting out. e.g. “I am solid on this hold”, “Go For It”...</strong></td>
<td><strong>MAIN SESSION: 4x4 - CLIMB, REST, BELAY - 5 to 10 minute These can be on boulder problems</strong></td>
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<td><strong>Start overtly by shouting out. e.g. “I am solid on this hold”, “Go For It”...</strong></td>
<td><strong>MAIN SESSION: 3x3 - CLIMB, REST, BELAY - 5 to 10 minute</strong></td>
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<td>Fri</td>
<td><strong>Climb</strong></td>
<td><strong>Work on those mental skills but now also add in a mantra about footwork or technique. “every foothold counts”. Use this to bring attention back to technique and push from your feet when the going gets tough.</strong></td>
<td><strong>WARM UP: 15min</strong></td>
<td><strong>Loop through these exercises on easy Climbs as warm up as it focuses the mind on good technique. Do three routes at a time before swapping belayer or on auto-belay: 1. Sideways Climbing 2. One Handed on slab 3. Straight Arm Climbing 4. Slow Climbing 5. Silent Climbing 6. Delicate Climbing</strong></td>
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The first first is to rest. This is where you are recovering from all your training but not getting weaker. After 4 to 7 days you can enter the Peak performance and then an ongoing phase of Maintenance.

Peak Performance - Your route climbing will be at its maximum. Get out there and climb at your limit.