

SNOWDONIA MOUNTAIN GUIDES - GHOST GOAL SETTING EXAMPLE: Onsight 7b in 2018 session

Objectives	Strategies • Tactics	Phase	Added
Have the Strength and Power to climb V4 onsight regularly	Develop Finger Strength <ul style="list-style-type: none"> • Use finder board • Boulder on vert/gentle OH for fingers climbing Develop Shoulder Strength <ul style="list-style-type: none"> • Work on Rings, Peg Board, Pull up Bar • Steep Juggy Problems Bouldering • Shoulder rotation when climb juggy routes Develop Core Strength <ul style="list-style-type: none"> • Pilates Exercises • Rings and Pull up Bar • Really steep bouldering Work on Bouldering techniques <ul style="list-style-type: none"> • Work on dynamic moves • Work on static pulls • Work on heel and toe hooking • Work on balance Problems Work on achieving these Bouldering grades <ul style="list-style-type: none"> • Warm up on lots of V0-2 • Onsight 99% of V3 • Onsight 90% of V4 • Onsight 50% of V5 • Work V6 - V7 in one or two sessions • Project V8+ 	2,3,4	
Have efficient technique and movement economy	Develop good body position <ul style="list-style-type: none"> • Sideway, one handed climbing. • Inner/outer flag • Drop Knees • Straight arm climbing Develop a fluid movement <ul style="list-style-type: none"> • Focus on pace and grace. • Climb at a slow, moderate and fast pace. • Focus on climbing with using CoG/core/leg rather than arms to initiate movement. Develop ability to find rests <ul style="list-style-type: none"> • Climb routes with idea rests (corners, grooves, slabs and arete) • Use big holds and volumes with straight arms to 'shake out'. • Practice shaking out on routes. 	2,3	
Have sufficient local muscle endurance to cope with F6a/E2 onsight 99% of time. Should feel easy 90% of time.	Develop ability to climb a high volume of routes at a low intensity. <ul style="list-style-type: none"> • Long Easy warm up from 4 to 5c (30minutes) • At least 15 routes or 45 minutes climbing a session (including WU) • 3x3 but at low intensity (Low Pump) • 15+ minute Belay/Climb Stints • ARCing • 	3,4	
Have a high level of cardiovascular fitness	CV Cross-Training <ul style="list-style-type: none"> • Swimming, Running, Surfing, Walking, Cycling, X-Fit • Use fitbit to monitor (3 session of CV a week or 1h hour in Fatburn or above) 	2,3,4	
Improve or at least maintain my flexibility and range of motion	Develop Flexibility <ul style="list-style-type: none"> • One long flexibility session a week during phase 2&3 • Monitor progress Maintain Flexibility <ul style="list-style-type: none"> • Stretching as part of the session. 	2,3, 5	

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Increase my strength and power endurance to find 6c and E3 reasonable propositions (90% onsight success)	Develop mental ability to push on through pump <ul style="list-style-type: none"> • Focus on footwork when climbing at max. • Remain relaxed when getting pumped. • Practice taking falls when clipping to 'get over fear'. • Learn to cope with the feeling of climbing near limit and to keep going for next hold Develop physical ability to push on through pump <ul style="list-style-type: none"> • Start phase 5 with some 3xmany (3 routes in a row, from warm up to getting pumped on 3 6bs in a row and back down) • Move into 3xmany up to 6c/7a in week 2 • 3 x many into 7a and possibly 2x2 on 7a+/7b • 30 second hang on moderate hold on 6c when climbing. 	3,5	
Maintain good footwork when at limit	See section above on focusing on footwork when getting pumped and staying relaxed	2,3,4,5	
Break routes down better and use a tactical approach to climbing and pacing	Work on route reading <ul style="list-style-type: none"> • Climb some easy route quickly aiming to use your instincts to climb. Then climb route slowly to 'think you way u it. • Practice Breaking hard routes down to jugs or good foot rests. • Warm up to avoid flash pump. • Swap between cruise to thinking to quick climbing mode on routes. 	2,3,4,5	
Be in optimal condition for the route	Learn to feel your bodies good and bad days. Learn to feel when you are recovered.	3,6	
Overcome the psychological hurdles to reach peak on sport (fear of falling whilst clipping, pushing on when pumped)	Work on being relaxed when climbing <ul style="list-style-type: none"> • Breathing/relaxation exercises once a day. • Imagine yourself climbing in a relaxed state. Work on understanding fear. <ul style="list-style-type: none"> • Understand the bodies physical and emotional reaction to stress and fear. • Experience those reactions when climbing and rationalise them as a natural thing. Identify specific fears and work on solutions (Falling whilst clipping or not being able to clip next bolt because you are pumped) <ul style="list-style-type: none"> • Clip drop from 3 routes a week. • In phase 5 fall off once a session • in phase practice falls with slack in hand once a week. • Start working on imagery and self talk • Use and develop imagery and self talk to focus on relax climbing and managingg the emotional responses to specific fear. • Imagine yourself fall in 'worst position' and control the image to a positive and relaxed more routine fall. Work on a mentally positive state for pushing on when at limit. <ul style="list-style-type: none"> • In the later stages of phase 5 focus on a determined, never give up on the next hold until you fall off approach. 	3,4,5	