

## A Climbing Training Plan

Designed to develop back and shoulder strength and grip strength

### GOAL:

Name a goal you want to achieve in 3 months.

### CURRENT HARDEST REDPOINT:

List your hardest route to date & how many tries it took to complete the route.

### CURRENT CLOSE ONES:

List any routes you have not accomplished, but came close.

### HARDEST ONSIGHT/FLASH

List your hardest onsights or flashes.

### **Now let's look at a typical climbing session. Answer the following:**

How many routes do you try in a given session in the gym or outside?

Can you give a break down of the number of routes at a given grade? Make sure the grade you describe is in the same format as the grades listed in your reappoint and onsight.

How many tries per route?

How many warm up routes?

How many cool down routes?

How long does the session take you? This gives you an idea of how much you rest.

### **Basic focus of this plan is to:**

1. Develop strength (grip, back & shoulder, core)
2. Maintain flexibility (hip & groin, shoulders, neck)
3. Develop grit and resiliency. Improve focus and positivity.

This gives you a baseline of where you are starting from. It will help you see your progress and perhaps keep you motivated as you continue.

The challenge in developing a plan that will work for you is that without knowing where we are starting, it is a bit of guess work and could set you up for injury. If for example, your grip strength is greatly weaker than your back and shoulder strength, you could end up with

an activity in this plan that perpetuates an imbalance and could even lead to a strain in the forearm or fingers.

For the best approach to training, I recommend meeting with a coach who can actually assess your strengths and weaknesses and create a plan that is tailored for you.

## Cycles for training

How many days a week do you climb?

How many days do you rest between climbing days?

The answer to these questions can be different for each person. My suggestion is that you pick a pattern of climbing to the best of your ability and try to stick to it. I recommend a weekly pattern because most of us have similar schedules week to week.

Here are some ideas:

1. Two days of climbing, one day off, two days of climbing, two days off.
  - 1.1. e.g.: Climb Monday & Tuesday, Rest Wednesday & Thursday; Climb Friday & Saturday, Rest Sunday & Monday. And so on.
2. Two days of climbing, one day off, two days on, two days off.
  - 2.1. Climb Saturday & Sunday, Rest Monday; Climb Tuesday & Wednesday Rest Thursday & Friday, Repeat every week.
3. Climb every other day for 6 days, ending with a day off, take the seven day off.
  - 3.1. Climb Saturday, Rest Sunday, Climb Monday, Rest Tuesday, Climb Wednesday Rest Thursday & Friday. Repeat.

There are other variations in climbing cycles, however, I prefer you climb longer sessions and take full rest days. Some people like shorter sessions and climbing more days per week. Really it is up to you, but I do not think you get adequate rest - which is really important to injury prevention - if you do high intensity work and continue to increase the intensity.

In this training plan, the goal is to get to a level of fatigue where you do feel tired the second day and notice you cannot climb as hard as day one.

**\*\*\*\*Disclaimer - this plans not for everyone. Injury or longterm growth development can be negatively impacted if this plan is too ambitious. Check with someone who has a coaching certification, your doctor or a personal trainer before implementing this plan. Youth under 14-15 yrs of age, based on development, should not be adding weight to pull-ups or hangs.**

## Activities for Training

1. **Strength Development** - Hangboard work out. See below.
2. **Back & Shoulder Development** - Hangboard workout & Building up to Front Levers

### Hangboard workout\*

This workout is designed with someone climbing at a moderate (V4 or 5.12 level). To adjust for someone more in the beginner level (V0, 5.9) Drop 15 sec from hang time and add it to the rest time. Pull-ups can be done with weight taken and definitely do not add weight.

- |           |   |
|-----------|---|
| 1st min   | Hang on 2 or 3 finger pocket for 25 sec. Rest 35 sec.               |
| 2nd min   | 5 pull ups - Rest   |
| 3rd min   | Hang sloper (moderate) 40 sec. Rest 20 sec.                         |
| 4th min.  | Pull up and hold the lock off for 20 sec. Rest the rest of the min. |
| 5th min.  | Hang 2 finger pocket 15 sec. Rest 45 sec.                           |
| 6th min.  | Pull up with 5 lb weight - 4 over the course of the minute.         |
| 7th min.  | Hang crimp edge 35 sec. Rest 25 sec.                                |
| 8th min.  | Pull up and hold the lock off for 20 sec. Rest the rest of the min. |
| 9th min.  | Pinches 40 sec. Rest 20 sec.  |
| 10th min. | Pull up half way - arms at 45 degrees - stay as long as you can.    |
| 11th min. | Slopers - max hang time. Hopefully over 60 sec. This is a time to   |

cultivate persistence attitude. TRY HARD.

Try to build up to 3 sets of this workout.

After Set 3 and Hangboard workout - do whatever you like. **Record progress**

If this hang board plan is easily accomplished for you - add 15 sec. to hang times and decrease the 15 sec from rest time. Increase the weight added incrementally until you find the degree of weight that compromises your form.

3. **Mental training** tactic development -
  - 3.1. Record the level of try hard you have - scale of 1 to 10
  - 3.2. Record the level of happiness/frustration - scale of 1 to 10
  - 3.3. Write out the feeling you want to feel when you send a V10; then remember that feeling when you are negative.
  - 3.4. **Visualization (EVERY DAY)** - when you go to bed, spend 5 min., with eyes closed seeing yourself climbing a project. Your goal is to be able to see yourself climbing uninterrupted for 3 repetitions.

### **What level of difficulty is the right level for you?**

Activities will be described and when to implement these activities will be outlined. You will have to use the guidelines of where your current redpoint and onsight levels are. As a guide, I typically recommend a 3-4 grade difference between your hardest redpoint and onsight. For example, if I can onsight V4, ideally, I would be able to project V7 or 8 and eventually send that grade within 6 months. Keep in mind that grading is subjective and there are countless problems where the grade may be accurate for a climber who is 5'10" and can span a 6' reach and not at all the same level of difficulty for someone who is 5'1", spanning only 5'1". Use a more generalized approach to what feels like what you can project and eventually do, versus could do relatively quickly.

### Cycle of Training

2 on 1 off, 2 on, 2 off

1st day - Project day on Route just below redpoint level

WITH EACH TRY RECORD THE ATTITUDE LITMUS TEST DESCRIBED ABOVE

Set 1 8-10 attempts on level just below your redpoint - route should be on a 10 degree -30 degree wall.

Rest 5 min

Repeat

Rest 5 min

Repeat

- Set 2 Repeat above or select new project. Same rules apply.  
Set 3 Repeat

## 2nd Day on

### Focus is volume- routes at onsight level or just above

- Set 1: Climb an onsight route rest 3 min.  
Climb just below onsight rest 3 min  
Climb at onsight rest 3 min  
Climb warm up route rest 3 min.

- Set 2 Repeat  
Set 3 Repeat  
Set 4 Repeat

\*If you are falling off early and unable to do routes in 2-3 sections, lower the harder routes.

Rest 12-15 minutes

Repeat the 4 sets.

- Movement exaggeration - Using walls that are 30 degrees or steeper, warm down on easiest routes for you with slow motion climbing OR do these routes with elimination - making the routes big moves and feet not cutting.

Hangboard workout.

Core strength work out. Plank in 1-2 min holds with lift of one foot and push back with toe, reaching for a wall. Alternate legs.

## Day 3 - Rest day - Flexibility day

Shoulder openers -

1. Stand against a wall with arms out from shoulders, with backs of arms touching the wall. Bend the elbows to 45 degrees. Keeping the back connected to the wall, raise the arms up toward the ceiling. When arms start to pull from the wall, lower them to the start position. The goal is to be able to lift the upper arms up to vertical.
2. Using a wall, post, place your open hand flat against the wall at shoulder height. With arm extended, rotate away from the wall getting a stretch through the front of the should.

3. Take one arm out to shoulder height with palm facing forward. Rotate the palm so thumb moves down and palms faces behind you, Sweep the hand so the back of the hand lands on the sacrum. Continue to draw the hand across the back body toward the opposite waist. Then bend the elbow and let the hand move up the back toward the centre between the shoulder blades.

Repeat with the opposite arm.

Hip Openers -

1. Front of the thigh - place both knees on the ground in a kneeling position. Step one foot forward making sure the knee is in a line with the ankle. Move the knee back so that there is the sensation of a stretch in the back leg thigh. Now move the hips back so the weight is over the back knee and draw the navel powerfully to the back body. This should create a sensation of a stretch in the front of the thigh. Hold the belly in, with the tailbone moving down and move the hips down, taking weight onto the foot that is forward. Repeat with the opposite leg.
2. Forward fold - any style you like. Just make sure the feet are parallel and the toes are drawing toward you. Upper body as long as possible, not rounded.
3. Butterfly
4. Seated, cross the legs in front of you. Make sure the feet are not underneath the legs. Then fold forward. The deepest stretch will be in the hip of the leg that is forward of the other. Switch which leg is in front and repeat.

## Day 4 - More of a power day.

Set 1 8-10 attempts on something close to redpoint level - route should be on a 10 degree -30 degree wall.

Rest 5 min

Repeat

Rest 5 min

Repeat

Set 2 Repeat above or select new project. Same rules apply.

Set 3 Repeat

Hangboard workout

## Day 5 - Volume

Just climb lots of routes between just below onsight and two grades below redpoint goal difficulty. Preferably not projecting too much.

## Day 6 & 7 Rest Days

Similar to the previous Rest Day.

WEEK 2 - Keep the pattern, number of routes, difficulty and rest the same.

WEEK 3 - WEEK 10

With each progressive week, you will increase the intensity on the first day to more difficult by adding a route of a harder grade OR doing one more set,

Initially do not reduce rest.