

| Day | Time | Info | Drill 1 | Drill 2 | Drill 3 | Drill 4 |
|------------------------------------|---------------|--|--|---|---|---------|
| Week 1 - Focus: Fingers / Movement | | | | | | |
| Week 1 - Day 1 | 1.5 - 3 hours | Day 1! Have fun and really give alot of attention to your body and HOW its moving on the wall! | Hangboard - No Hangs 10 sets, 1 rep per set Find an edge about 20mm deep on a hangboard or campus board—just enough for your fingertips to grip comfortably. You'll be doing three different grip types: 4 sets with a 4-finger half crimp 4 sets with a 4-finger open hand 2 sets with a 3-finger drag Keep your feet on the ground the whole time. Gently lean back to load the edge with about 60–80% of your body weight. Hold the grip for 10 seconds, then rest for 50 seconds. Repeat until you've done 10 total sets. Grip Example Image | Traversing - Quiet Feet 20 mins This drill helps improve foot precision and body awareness. Find a good spot on the wall to traverse (Move left or right along wall) and while climbing, focus on placing each foot slowly and silently on footholds—no scraping or tapping. Pause just before placing your foot to be deliberate with every move. Stay balanced and move with control. Great for warming up or building better technique on easy routes. Make sure to work going both directions! | Projecting 1-2 hour Spend 1-2 hours projecting and finding your limit. Your goal for this drill is to find the highest grade you can climb. This grade will be what other drills are based off of. TRY HARD and rest between attempts. | |
| Week 1 - Day 2 | 2.5 hours | While you warm up make sure you work on your footwork and hip movement! | Hangboard - No Hangs 10 sets, 1 rep per set Find an edge about 20mm deep on a hangboard or campus board—just enough for your fingertips to grip comfortably. You'll be doing three different grip types: 4 sets with a 4-finger half crimp 4 sets with a 4-finger open hand 2 sets with a 3-finger drag Keep your feet on the ground the whole time. Gently lean back to load the edge with about 60–80% of your body weight. Hold the grip for 10 seconds, then rest for 50 seconds. Repeat until you've done 10 total sets. Grip Example Image | Straight Arms <i>Pick 4-6 boulders around a quarter of your max. Climb each 2-3 times</i> Try your best to climb each problem and each move with straight arms. Play with your hips and figure out if you can do every move on the entire climb without bending your elbow! This is not a strength drill but a technique drill! Spend time playing with your hip movement by twisting around and keeping your arms as straight as possible. Climb each problem a couple of times to really figure out the best movement to keep your arms straight! | Bouldering Pyramids <i>Climb a big pyramid starting easy going hard then come back to easy.</i> <i>Example: 8 V0's, 6 V1's, 4 V2's, 2 V3's, 2 V3's, 4 V2's, 6 V1's, 8 V0's</i> If you fall off a problem before the halfway point, get back on where you fell off and try one more time to send it. If you fall off after the halfway point, just move on to the next problem. • 1 hour time limit, so take very little rest between problems • If you finish the pyramid in 45 minutes or less then the pyramid is too easy. | |
| REST DAY | | | | | | |
| Week 1 - Day 3 | 1.5 hours | While you warm up make sure you work on your footwork and hip movement! | Hangboard - No Hangs 10 sets, 1 rep per set Find an edge about 20mm deep on a hangboard or campus board—just enough for your fingertips to grip comfortably. You'll be doing three different grip types: 4 sets with a 4-finger half crimp 4 sets with a 4-finger open hand 2 sets with a 3-finger drag Keep your feet on the ground the whole time. Gently lean back to load the edge with about 60–80% of your body weight. Hold the grip for 10 seconds, then rest for 50 seconds. Repeat until you've done 10 total sets. Grip Example Image | Lock Offs <i>Pick 4 semi-hard boulders and climb them 2-3 times in the described manner</i> Find a semi-hard (2/3rd's max) boulder in slightly to very overhanging terrain. The boulder should not include any moves that are completely dynamic. At the end of each move keep the tension and "Hover" over the next hold for 2-3 seconds before you grab it. Video | Up Down Ups <i>Pick 4 climbs around half your max and climb them in the described manner.</i> When you hop on your first climb, climb it to the top, then start working back down the same climb. When you reach the bottom, do not put your feet on the ground , stay on the wall and go back up the same route again. | |
| Week 1 - Day 4 | 2.5 hours | While you warm up make sure you work on your footwork and hip movement! | Hangboard - No Hangs 10 sets, 1 rep per set Find an edge about 20mm deep on a hangboard or campus board—just enough for your fingertips to grip comfortably. You'll be doing three different grip types: 4 sets with a 4-finger half crimp 4 sets with a 4-finger open hand 2 sets with a 3-finger drag Keep your feet on the ground the whole time. Gently lean back to load the edge with about 60–80% of your body weight. Hold the grip for 10 seconds, then rest for 50 seconds. Repeat until you've done 10 total sets. Grip Example Image | Maximum Intensity Bouldering 2 hour Once warmed up, climb boulders that at your max grade or above ONLY. Project them, learn the movement and TRY HARD. Make sure to rest long between attempts but dont get cold! | Abs 5 mins • Plank: 1 minute • Supermans: 1 minute • Knees to Elbows: 1 minute • V-Ups: 1 minute • Supermans: 1 minute | |
| REST DAY | | | | | | |

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| Week 3 - Day 1 | 2 hours | <p>Week 3 should find you starting to see gains, though you may not until week 4.</p> <p>While you warm up make sure you work on your footwork and hip movement!</p> | Bouldering Pyramids <i>Climb a big pyramid starting easy going hard then come back to easy.</i> Example: 8 V0's, 6 V1's, 4 V2's, 2 V3's, 2 V3's, 4 V2's, 6 V1's, 8 V0's If you fall off a problem before the halfway point, get back on where you fell off and try one more time to send it. If you fall off after the halfway point, just move on to the next problem. <ul style="list-style-type: none"> • 1 hour time limit, so take very little rest between problems • If you finish the pyramid in 45 minutes or less then the pyramid is too easy. | HIT <i>4 sets, rest 1 min between sets</i> Do all exercises described in a row without resting. Then rest and repeat. <ul style="list-style-type: none"> • Jump Rope (if you don't have one, just jump in place while moving your arms as if you had one in your hands): 1 minute • Burpees: 1 minute • Knees to Elbows: 1 minute • Box Jumps: 1 minute | I's Y's T's <i>1 min of each type = 1 set; Rest 2 mins between sets; 3 sets</i> Lay face down on an inclined bench or on a yoga ball. Then do the 'I' raise both arms straight up past your head. Y's arms out like a Y. T's arms out like a cross. I dont use weight for this, a full min is very hard. Just the weight of your arms is often enough. Do the all three before you rest. | Abs <i>5 mins</i> <ul style="list-style-type: none"> • Knees to Elbows: 1 minute • Supermans: 1 minute • Leg Raises: 1 minute • V-Ups: 1 minute • Knees to Elbows: 1 minute |
| Week 3 - Day 2 | 2.5 hours | <p>While you warm up make sure you work on your footwork and hip movement!</p> | Hangboard - No Hangs <i>10 sets, 1 rep per set</i> Find an edge about 20mm deep on a hangboard or campus board—just enough for your fingertips to grip comfortably. You'll be doing three different grip types: 4 sets with a 4-finger half crimp 4 sets with a 4-finger open hand 2 sets with a 3-finger drag Keep your feet on the ground the whole time. Gently lean back to load the edge with about 60–80% of your body weight. Hold the grip for 10 seconds, then rest for 50 seconds. Repeat until you've done 10 total sets. Grip Example Image | Hang Around and Pull <i>Pick 4 boulders around half your max and climb them 2-3 times each in the described manner.</i> Requirements are boulders around half your max on slightly to very overhanging terrain. The boulders should only include holds on which you can hang footless. After each move let go of your feet and do your best to do a pull up. It might be just engaging your scapula, but TRY! Then put your feet back on the holds. Repeat this cycle for EVERY hand move. Cut feet, Pull, put feet on, move hand. Cut feet, Pull, put feet on, move hand | Inverted Row <i>6-12 reps; 3 sets</i> Follow the video if you are not sure what these are. To make it a little easier bend your knees and keep your feet flat to the floor. Hopefully you will be able to find a bar height you can do this comfortably on. Let me know if cant make this work at your gym. Video | Cable Axe Swing <i>8-12 reps, 3-5 sets. (1 set is each side)</i> Stand sideways to a high cable machine with feet shoulder-width apart. Hold the handle with both hands above your left shoulder. Pull the cable across your body to your right while keeping your arms straight rotating through your torso while keeping your hips stable. Focus on engaging your core and obliques—like a controlled twist you'd use when flagging or twisting into a reach. Slowly return and repeat. Great for building rotational strength and body tension for climbing moves. Video |
| REST DAY | | | | | | |
| Week 3 - Day 3 | 2.5 hours | <p>Trying repeaters today. These will turn into your bread and butter hang protocols once your fingers start to get stronger.</p> | Hangboard - Repeaters <i>4 sets, 3 grip types, rest 5 mins between sets</i> Looking to do a normal repeater of 7 seconds on, 3 seconds off on loop for 6 reps (1 set). Followed by a 5 min rest. We want to work three main grip types. Four Finger half crimp, Four finger drag (Open Hand) and three finger drag. If you have questions about these grip types just shoot me a message. | Maximum Intensity Bouldering <i>2 hour</i> Once warmed up, climb boulders that at your max grade or above ONLY. Project them, learn the movement and TRY HARD. Make sure to rest long between attempts but dont get cold! | | |
| Week 3 - Day 4 | 2.5 hours | <p>While you warm up make sure you work on your footwork and hip movement!</p> | Free Climb time <i>1 hour</i> Climb whatever you want. Play around with movement and have a good time :) | 3x4 Bouldering (Hard, Hard, Easy) <i>Pick 3 boulder problems – 2 hard and 1 easy. (Hard should be 2/3rd's max grade or higher) 4 sets. Rest 5 mins between sets.</i> Pick problems on steep walls, slab and vert will not give you the workout we want. Do them all in a row without resting. If you fall off the hard problems before the halfway point, start again where you fell off and give it one more go. If you fall off the hard problem after the halfway point, just move on to the next problem. | 5 Times Exercises <i>No rest until you finish all 5 exercises, rest 2-3 minutes, and repeat 3-5 sets</i> <ul style="list-style-type: none"> • Pull Ups: 1 minute - if doing Weighted Pull Ups, add 5-10% of body weight. Otherwise do Regular Pull-Ups, Typewriter Pull-Ups,or Beginner Pull Ups • Dumbbell Curls: 1 minute (choose weight that is achievable to do for the full minute) • Push Ups: 1 minute • Dumbbell Shoulder Press: 1 minute (choose weight that is achievable to do for the full minute) | |
| REST DAY | | | | | | |
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Week 4 - Focus: Movement / Fingers

| Day | Time | Info | Drill 1 | Drill 2 | Drill 3 | Drill 4 |
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| Week 5 - Day 1 | 10 mins | Active Rest week! This week is all about resting and getting your body right. By the time this week is done you should be itching to climb! | Hip Openers 3 stretches, hold each for 30 secs, 3 sets each Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg). | | | |
| Week 5 - Day 2 | 1 hour | GO EASY | Free Climbing - Movement Practice 1 hour GO EASY. Lots of rest between go's. Stay below half your max | | | |
| REST DAY | | | | | | |
| Week 5 - Day 3 | 30 mins | Just a active rest day. Dont climb! | Yoga 30 mins - 1 hour Suggestion video to follow along with Video | | | |
| Week 5 - Day 4 | 1 hours | GO EASY | Free Climbing - Movement Practice / Fingers 1 hour GO EASY. Lots of rest between go's. Stay below half your max | Hip Openers 3 stretches, hold each for 30 secs, 3 sets each Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg). | | |
| Week 6 - Go Crush! | | | | | | |