

Day	Time	Info	Drill 1	Drill 2	Drill 3	Drill 4	Drill 5
Week 1 - Focus: Hypertrophy / Fingers							
Week 1 - Day 1	1.5 - 3 hours	Day 1! Have fun and really try hard. The max you get today while projecting will be used through out the program! So remember or write down your max!	Hangboard - Repeaters 4 sets, 3 grip types, rest 5 mins between sets 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 and three finger drag. If you have questions about these grip types just shoot me a message.	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.	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video		
Week 1 - Day 2	2.5 hours	Your warmup should be the time you check in with your body! How are my hips moving, how are my feet placements. Really bring alot of mental focus to your movement!	Contrast Pick 8 boulders and climb each one 3 times The first time as statically as possible, then as dynamically as possible. For the third time try to combine them in the best possible way. Be aware of your breathing. It should be in harmony with your climbing rhythm. Easy moves and resting points: normal to deep breathing. Hard moves with a lot of body - tension: pressed breathing with empathetic exhaling. Avoid a continuous flat breathing or holding your breath over a long period of time! Video	Bouldering Pyramids Climb a big pyramid starting easy going hard then come back to easy. The top of the pyramid should be 1 grade below your Max from yesterday! Example: 8 V2's, 6 V3's, 4 V4's, 2 V5's, 2 V5's, 4 V4's, 6 V3's, 8 V2'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. • 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.	Cable Axe Swing 8-12 reps, 3-5 sets. (Each Side is 1 set) 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	Abs 5 mins • Plank: 1 minute • Supermans: 1 minute • Knees to Elbows: 1 minute • V-Ups: 1 minute • Supermans: 1 minute	
REST DAY							
Week 1 - Day 3	2 hours	Your warmup should be the time you check in with your body! How are my hips moving, how are my feet placements. Really bring alot of mental focus to your movement!	Hangboard - Repeaters 4 sets, 3 grip types, rest 5 mins between sets 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 and three finger drag. If you have questions about these grip types just shoot me a message.	Maximum Intensity Bouldering 1 hour Climb only problems that are within 1 grade of your max in either direction. Ex. Max is V5, climb only V4-V6	Bumps - Campus Board 4 sets, 1 set is doing each arm. Rest 4 mins between sets You are hanging with both hands on a rung (smallest you can do). Then pull with one hand to each rung until you cant go any higher (DO NOT FAIL TRYING TO GO HIGHER). Then bump that hand back down each rung back to the start. Then switch arms and do it again.	Abs 4 sets, 1 min rest between sets • Knees to Elbows: 90 seconds • Leg Raises: 90 seconds Both exercises equals 1 set	
Week 1 - Day 4	2 hours	Your warmup should be the time you check in with your body! How are my hips moving, how are my feet placements. Really bring alot of mental focus to your movement!	Clap Bouldering 30 mins Start out on more vertical terrain and work on finding the deadpoint in your movement that allows you to take your hands off, clap for extra challenge. Do this on EVERY move up the problem. As you get better, try it on harder problems or steeper terrain. If this drill helps you with your dynamic momentum and contact strength. Video	Lock Offs Pick 4 semi-hard boulders and climb them 2-3 times in the described manner 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	I's Y's T's 1 min of each type = 1 set; Rest 2 mins between sets; 3 sets Lay face down on an inclined bench or on a yoga ball. Then to 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.	Inverted Row 6-12 reps; 3 sets 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	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video
REST DAY							
REST DAY							
Week 2 - Focus:Hypertrophy / Movement							
Week 2 - Day 1	2.5 hours	Week 2 is often the hardest week in a training plan. YOU WANT TO FEEL BROKEN DOWN. Its how we get stronger. While you warm up make sure you work on your footwork and hip movement!	Hangboard - Repeaters 4 sets, 3 grip types, rest 5 mins between sets 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 and three finger drag. If you have questions about these grip types just shoot me a message. Video	Contrast Pick 8 boulders and climb each one 3 times The first time as statically as possible, then as dynamically as possible. For the third time try to combine them in the best possible way. Be aware of your breathing. It should be in harmony with your climbing rhythm. Easy moves and resting points: normal to deep breathing. Hard moves with a lot of body - tension: pressed breathing with empathetic exhaling. Avoid a continuous flat breathing or holding your breath over a long period of time! Video	Maximum Intensity Bouldering 1 hour Climb only problems that are within 1 grade of your max in either direction. Ex. Max is V5, climb only V4-V6	Core 2 sets; Rest 2 mins between sets • Leg Raises: 2 minutes • Plank: 2 minutes • Leg Raises: 2 minutes • Supermans: 1 minute	
Week 2 - Day 2	2 hours	Always warm up before starting! While you warm up make sure you work on your footwork and hip movement!	Feet Forward Rest 4 mins between problems. You will want shorter problems to, No marathons. Pick 4 medium difficulty boulders in a strongly overhanging part of the wall (or in the cave) and try to touch every next hold with your foot before you grab it with your hand.	Campus Board - Up Downs 4 sets. Rest 4 mins between sets Use the smallest rungs and campus up and down the board using the same skip variation. Example, rungs 1-3-5-7 or 1-4-7-10. Try to find the biggest reach you can while still being able to do all sets.	Campus Board - Bumps 4 sets, 1 set is doing each arm. Rest 4 mins between sets You are hanging with both hands on a rung (smallest you can do). Then pull with one hand to each rung until you cant go any higher (DO NOT FAIL TRYING TO GO HIGHER). Then bump that hand back down each rung back to the start. Then switch arms and do it again.	Campus Board - Offset Deadhangs 4 sets. Rest 4 mins between sets Right hand up, Left hand down: 10 seconds; Left up, Right down: 10 seconds; Repeat each side 3 times alternating with NO rest	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video
REST DAY							

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Week 2 - Day 3	2 hours	Always warm up before starting!	Hangboard - Repeaters 4 sets, 3 grip types, rest 5 mins between sets	Maximum Intensity Bouldering 1 hour	Pinch Pull Ups Rest 3 minutes between sets, 3 sets, depending on ability level.	Abs 2 - 90 sec reps = 1 set; 3 sets total. Rest 1 mins between sets	
		While you warm up make sure you work on your footwork and hip movement!	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 and three finger drag. If you have questions about these grip types just shoot me a message.	Climb only problems that are within 1 grade of your max in either direction. Ex. Max is V5, climb only V4-V6	• Try to pick 3 different sets of pinches on the systems board, the climbing wall, or a hang board and do 5 pull ups on each set • Do 5 pull ups then rest for about 15 seconds, 5 more then rest 15 seconds, 5 pull ups then rest	• Knees to Elbows: 90 seconds • Leg Raises: 90 seconds	
Week 2 - Day 4	2.5 hours	Always warm up before starting!	Clap Bouldering 30 mins	Lock Offs Pick 4 semi-hard boulders and climb them 2-3 times in the described manner	I's Y's T's 1 min of each type = 1 set; Rest 2 mins between sets; 3 sets	Inverted Row 6-12 reps; 3 sets	
		While you warm up make sure you work on your footwork and hip movement!	Start out on more vertical terrain and work on finding the deadpoint in your movement that allows you to take your hands off, clap for extra challenge. Do this on EVERY move up the problem. As you get better, try it on harder problems or steeper terrain. This drill helps you with your dynamic momentum and contact strength. Video	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	Lay face down on an inclined bench or on a yoga ball. Then to 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.	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	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video
REST DAY							
REST DAY							
Week 3 - Focus: Movement / Strength							
Week 3 - Day 1	2 hours	Week 3 should find you starting to see gains, though you may not until week 4.	Short Max Hangs - Finger Board 5-10 sec Hangs, each hang is 1 rep. 4 reps. 2 sets! each set is a different grip type (Four finger drag, Half crimp)) Rest 2 mins between each HANG	One Arm Climbing 30 mins	Free Climb time 1 hour		
		While you warm up make sure you work on your footwork and hip movement!	Add weight so that you are failing each rep between 5-10 seconds. Each hang is a rep and you will do 4 hangs per grip type. (2 grip types)	Find climbs around half your max or above and try and climb them with only your left arm. Then again with only your right arm. If you fall off before the half way point. Hop back on and try from where you fell off. This drill is about moving dynamically. Think clap bouldering but with only 1 hand.	Climb whatever you want. Play around with movement and have a good time :)	Core 2 sets; Rest 2 mins between sets	
Week 3 - Day 2	1 hour	Always warm up before starting!	Max Pulls - Pull Up Bar 4 reps per set, 4 sets. Rest 5 mins between sets	Bench Press - Weights 4 reps per set. 4 sets. 5 mins rest between sets.	Bicep Curls - Dumbbells 4 reps per arm, 8 reps per set, 4 sets, 5 mins rest between sets.	Stretching	
		While you warm up make sure you work on your footwork and hip movement!	Find the right amount of added weight to make this doable but you want the last set to either fail or barely get.	Normal old bench press. Find a weight that you can do 4 reps on but are just barely completing the last rep. If you start to fail early, lower the weight.	This is your normal old bicep curl. Do it standing up or sitting down, but only one arm at a time. Try not to let your back arch with the movement. You want to only move your arm / elbow.	Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video	
REST DAY							
Week 3 - Day 3	3 hours	Always warm up before starting!	Free Climbing - Movement / Weakness Practice 2 hour	Contrast Pick 8 boulders and climb each one 3 times	Cable Axe Swing 8-12 reps, 3-5 sets. (Each Side is 1 set)	Stretching	
		While you warm up make sure you work on your footwork and hip movement!	Climb what you want and give focus to how your body is moving on the wall. Practice your technique and style that you are weak at. A good way to gauge your weakness is by asking yourself what wall angles or hold types you dislike. Do those!	The first time as statically as possible, then as dynamically as possible. For the third time try to combine them in the best possible way. Be aware of your breathing. It should be in harmony with your climbing rhythm. Easy moves and resting points: normal to deep breathing. Hard moves with a lot of body - tension: pressed breathing with empathetic exhaling. Avoid a continuous flat breathing or holding your breath over a long period of time! Video	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	Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video	
Week 3 - Day 4	3 hours	Always warm up before starting!	Free Climbing - Movement / Weakness Practice 2 hour	I's Y's T's 1 min of each type = 1 set; Rest 2 mins between sets; 3 sets	Inverted Row 6-12 reps; 3 sets	Abs 4 sets, 1 min rest between sets	
		While you warm up make sure you work on your footwork and hip movement!	Climb what you want and give focus to how your body is moving on the wall. Practice your technique and style that you are weak at. A good way to gauge your weakness is by asking yourself what wall angles or hold types you dislike. Do those!	Lay face down on an inclined bench or on a yoga ball. Then to do the "I" raise both arms straight up past your head. Y's arms out like a Y. Y's 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. Video	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.	• Knees to Elbows: 90 seconds • Leg Raises: 90 seconds Both exercises equals 1 set	
REST DAY							
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Week 4 - Focus: Fingers / Strength							

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Week 4 - Day 1	3 hours	Week 4! Last week you are almost there! Keep going! Rest week coming!	Jump Start 9 per hand = 1 set; 3 sets / holds; 2 min rest between sets On the Spray wall or cave, start by standing on the ground. Grab a hold with one hand and jump to another hold with your free hand. Work on landing the next hold with your arms slightly bent, and stiffen your body from your fingertips and throughout your whole upper body as you land the hold. The hold you're jumping to should be so bad that you're only just able to stop the momentum and hold the position for 2 to 3 seconds. Find a good difficulty between distance of holds and poor quality of the hold. Video	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. See if you can beat your week 1 grade max!	Clap Bouldering 30 mins Start out on more vertical terrain and work on finding the deadpoint in your movement that allows you to take your hands off, clap for extra challenge. Do this on EVERY move up the problem. As you get better, try it on harder problems or steeper terrain. This drill helps you with your dynamic momentum and contact strength. Video	Abs 5 mins • Knees to Elbows: 1 minute • Supermans: 1 minute • Leg Raises: 1 minute • V-Ups: 1 minute • Knees to Elbows: 1 minute	
Week 4 - Day 2	1.5 hours	While you warm up make sure you work on your footwork and hip movement!	Hangboard - Repeaters 4 sets, 3 grip types, rest 5 mins between sets 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.	Hang Around and Pull Pick 4 semi-hard boulders and climb them 2-3 times each in the described manner. Requirements are a few semi-hard boulders in slightly to very overhanging terrain. The boulders should only include holds on which you can hang footless and do a pull up on. After each move let go of your feet and do a pull up. Then put your feet back on and continue up the problem, stopping at every new hold and doing a foot free pull up. Video	Cable Axe Swing 8-12 reps, 3-5 sets. (Each Side is 1 set) 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	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video	
REST DAY							
Week 4 - Day 3	2.5 Hours	This is BIG day, all we care about is effort. Nothing has to be perfect, just effort! While you warm up make sure you work on your footwork and hip movement!	Short Max Hangs - Finger Board 5-10 sec Hangs, each hang is 1 rep. 4 reps. 2 sets(each set is a different grip type (Four finger drag, Half crimp)) Rest 2 mins between each HANG Add weight so that you are failing each rep between 5-10 seconds. Each hang is a rep and you will do 4 hangs per grip type. (2 grip types)	Maximum Intensity Bouldering 1 hour Climb only problems that are within 1 grade of your max in either direction. Ex. Max is V5, climb only V4-V6	Campus Board - Up Downs 4 sets. Rest 4 mins between sets Use the smallest rungs and campus up and down the board using the same skip variation. Example, rungs 1-3-5-7 or 1-4-7-10. Try to find the biggest reach you can while still being able to do all sets.	Campus Board - Bumps 4 sets, 1 set is doing each arm. Rest 4 mins between sets You are hanging with both hands on a rung (smallest you can do). Then pull with one hand to each rung until you cant go any higher (DO NOT FAIL, TRYING TO GO HIGHER). Then bump that hand back down each rung back to the start. Then switch arms and do it again.	Campus Board - Offset Deadhangs 4 sets. Rest 4 mins between sets Right hand up, Left hand down: 10 seconds; Left up, Right down: 10 seconds; Repeat each side 3 times alternating with NO rest
Week 4 - Day 4	2.5 Hours	While you warm up make sure you work on your footwork and hip movement!	Maximum Intensity Bouldering 1 hour Climb only problems that are within 1 grade of your max in either direction. Ex. Max is V5, climb only V4-V6	Clap Pull Ups - Pull Up Bar 6-10 reps per set, 3 sets. Rest 3 mins between sets Perform a pull-up with a medium grip stance. Pull explosively to reach the deadpoint. Clap your hands and catch yourself hanging.	Is Y's T's 1 min of each type = 1 set; Rest 2 mins between sets; 3 sets Lay face down on an inclined bench or on a yoga ball. Then to do the Y 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.	Cable Axe Swing 8-12 reps, 3-5 sets. (Each Side is 1 set) 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	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video
REST DAY							
REST DAY							
Week 5 - Focus: Rest							
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!	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video				
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	Stretching Hip Stretches, should only take about 5 mins. Hold each stretch in the video for 30 secs. 3 sets of each. Video			

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Week 6 - Go Crush!							