

Day	Time	Drill 1	Drill 2	Drill 3	Drill 4	Drill 5
Week 1 - Focus: Power / Strength						
Week 1 - Day 1	3 hours	<b>Max Pulls - Pull Up Bar</b> 4 reps per set, 4 sets. Rest 5 mins between sets  Find the right amount of added weight to make this doable but you want the last set to either fail or barely get.	<b>Maximum Intensity Bouldering</b> 1 hour  Climb problems that are at your max or 1 level below your max. Use the tension board if needed	<b>One Arm Climbing</b> 30 mins  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.	<b>Abs</b> 5 mins  • Plank: 1 minute • Supermans: 1 minute • Knees to Elbows: 1 minute • V-Ups: 1 minute • Supermans: 1 minute	
Week 1 - Day 2	2.5 - 3 hours	<b>Weighted Climbing</b> 1 hour  Weighted Vest climbing (Find a good weight for you). Try and climb around 2/3rds your max. No more than 3 mins rest between problems.	<b>Up Down - Campus Board</b> 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.	<b>Bumps - Campus Board</b> 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 ( <b>DO NOT FAIL TRYING TO GO HIGHER</b> ). Then bump that hand back down each rung back to the start. Then switch arms and do it again.	<b>Dips - Rings</b> 6-8 reps, 4 sets. Rest 4 mins between sets  Keep your elbows tight toward the body while you dip down to a 90 degree bend in the elbow. Then push back up. Add weight if needed.	<b>Hip Openers</b> 3 streches, hold each for 30 secs, 3 sets each  Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg).
REST DAY						
Week 1 - Day 3	2 hours	<b>Short Max Hangs - Finger Board</b> 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)	<b>Maximum Intensity Bouldering</b> 1 hour  Climb problems that are at your max or 1 level below your max. Use the tension board if needed	<b>HIIT</b> 4 sets, rest 1 min between sets  Do all exercises described in a row without resting. Then rest and repeat.  • 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	<b>Hip Openers</b> 3 streches, 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 1 - Day 4	4 hours	<b>Free Climbing - Movement / Weakness Practice</b> 2 hour  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.	<b>Clap Pull Ups - Pull Up Bar</b> 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 deadponit. Clap your hands and catch yourself hanging.	<b>I's Y's T's - TRX Band</b> 4 reps per position, 12 reps total per set. 4 sets. Rest 5 mins between sets.  You want to start facing the ground. The 'I' is straight out above your head. The 'Y' is arms out in a Y angle. The T is arms out like a cross. Find the right place to put your feet to make the difficulty what you want. Check out this video on how to do it. <a href="https://www.youtube.com/watch?v=fCEgANP9ScM">https://www.youtube.com/watch?v=fCEgANP9ScM</a>	<b>Bench Press - Weights</b> 4 reps per set. 4 sets. 5 mins rest between sets.  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.	<b>Bicep Curls - Dumbbells</b> 4 reps per arm, 8 reps per set, 4 sets, 5 mins rest between sets.  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.
REST DAY						
REST DAY						
Week 2 - Focus: Power / Strength						
Week 2 - Day 1	2 hours	<b>Short Max Hangs - Finger Board</b> 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)	<b>Clap Pull Ups - Pull Up Bar</b> 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 deadponit. Clap your hands and catch yourself hanging.	<b>WHAT: Feet Forward (With or without ankle weight, Use your best judgement here)</b> <b>HOW:</b> 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 grip it. <b>METHOD:</b> Rest 4 mins between problems. You will want shorter problems to, No marathons.	<b>Hip Openers</b> 3 streches, 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 2 - Day 2	2.5 - 3 hours	<b>Front Levers - Pull Up Bar</b> 2-4 reps per set. 4 sets. Rest 5 mins between sets  Front Levers are hard. What you want to try and and do is pull up past horizontal, then lower into it. Will take some practice. Try and hold in that horizontal position for 2-6 seconds. Thats one rep.	<b>Uneven Pull Ups - Rings (With or without weight, Use your best judgement here)</b> 4 reps per arm (So left arm up, 4 reps, then right arm, 4 reps = 1 set) 4 sets. Rest 5 mins between sets  Find the right amount of added weight to make this doable but you want the last set to either fail or barely get.	<b>I's Y's T's - TRX Band</b> 4 reps per position, 12 reps total per set. 4 sets. Rest 5 mins between sets.  You want to start facing the ground. The 'I' is straight out above your head. The 'Y' is arms out in a Y angle. The T is arms out like a cross. Find the right place to put your feet to make the difficulty what you want. Check out this video on how to do it. <a href="https://www.youtube.com/watch?v=fCEgANP9ScM">https://www.youtube.com/watch?v=fCEgANP9ScM</a>	<b>Bench Press - Weights</b> 4 reps per set. 4 sets. 5 mins rest between sets.  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.	<b>Bicep Curls - Dumbbells</b> 4 reps per arm, 8 reps per set, 4 sets, 5 mins rest between sets.  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.
REST DAY						
Week 2 - Day 3	2 hours	<b>Maximum Intensity Bouldering</b> 1 hour  Climb problems that are at your max or 1 level below your max. Use the tension board if needed	<b>Max Pulls - Pull Up Bar</b> 4 reps per set, 4 sets. Rest 5 mins between sets  Find the right amount of added weight to make this doable but you want the last set to either fail or barely get.	<b>HIIT</b> 4 sets, rest 1 min between sets  Do all exercises described in a row without resting. Then rest and repeat.  • 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		

Day	Time	Drill 1	Drill 2	Drill 3	Drill 4	Drill 5
Week 2 - Day 4	2.5 hours	<b>Free Climbing - Movement / Weakness Practice</b> <i>2 hour</i>  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.	<b>Conair</b> <i>6-10 reps per set, 3 sets. Rest 3 mins between sets</i>  Perform a pull-up with a close grip distance. Pull up explosively to reach the deadpoint. Move hands to a wider grip distance and catch yourself hanging. Be careful not to "land" in the straightened arms in order to avoid injuries. Add a clap to make it even harder.  After going wider and wider 3-4 times. move inwards step by step again.	<b>Cable Woodchopper</b> <i>4 sets, 8-12 reps per side per set</i>  Make sure you keep your arms straight and grab the handle with the arm that is furthest away. Then stack your hand on top of the other one. Stand far enough back so you can get a full range of motion on the core. <a href="#">Video</a>	<b>Hip Openers</b> <i>3 stretches, hold each for 30 secs, 3 sets each</i>  Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg).	
REST DAY						
REST DAY						
Week 3 - Focus: Strength						
Week 3 - Day 1	2.5 - 3 hours	<b>Short Max Hangs - Finger Board</b> <i>5-10 sec Hangs, each hang is 1 rep. 4 reps. 2 sets; Rest 2 mins between each HANG</i>  Add weight so that you are failing each rep between 5-10 seconds. Each hang is a rep, if you want to do one handed ones thats fine. Remember smaller rungs will work more coordination of the muscles and joints. Bigger runs work more strength. Either is fine.	<b>Campus board - Double Dynos</b> <i>1 rep = 1 dyno up and dyno back down once (NOT GOING TO THE TOP); 5 reps per set; 4 sets; Rest 3 mins between sets.</i>  Hang with both hands shoulder width apart on a rung. Now pull explosively with both hands and at the dead point release both hands and grab as far as you can. Afterwards return to the starting position.  The distance to the upper rung should be chosen carefully, so that you are able to do a minimum of 5 reps.  <a href="#">How To Image</a>	<b>Campus Board - Crossover</b> <i>1 set = bottom to top of campus board; 4 sets; rest 4 mins between sets</i>  Start with both hands on a rung. Pull up with both hands and cross over to the next rung diagonally (Pros can skip a rung). Arriving at the rung cross over again to the next rung with the other hand. It's a bit easier to match hands before crossing over to the next rung (it is harder without matching)  Its important to lock off and stabilize with the lower hand.  <a href="#">How to Image</a>	<b>Campus Boulders</b> <i>4 problems; Rest 5 mins between problems</i>  Campus easy / medium easy problems on overhanging walls.  <b>Important:</b> Always keep your shoulders stable. Hang on straight arms as little as possible.	<b>Bicep Curls - Dumbbells</b> <i>4 reps per arm, 8 reps per set, 4 sets, 5 mins rest between sets.</i>  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.
Week 3 - Day 2	2.5 hours	<b>Maximum Intensity Bouldering</b> <i>1 hour</i>  Climb problems that are at your max or 1 level below your max. Use the tension board if needed	<b>Rings - Front Level</b> <i>2-4 reps per set. 4 sets. Rest 5 mins between sets</i>  Front Levers are hard. What you want to try and do is pull up past horizontal, then lower into it. Will take some practice. Try and hold in that horizontal position for 2-6 seconds. Thats one rep.	<b>Rings - Dips</b> <i>6 reps per set. 3 sets. Rest 2 mins between sets</i>  Perform a dip by bending your elbows and making sure you do it slowly until you have reached the endpoint of the lowering motion. <b>(GO SLOW, DANGER OF SHOULDER INJURY)</b>	<b>Abs</b> <i>4 sets, 1 min rest between sets</i>  • Knees to Elbows: 90 seconds • Leg Raises: 90 seconds Both exercises equals 1 set	<b>Hip Openers</b> <i>3 stretches, hold each for 30 secs, 3 sets each</i>  Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg).
REST DAY						
Week 3 - Day 3	2.5 hours	<b>Maximum Intensity Bouldering</b> <i>1 hour</i>  Climb problems that are at your max or 1 level below your max. Use the tension board if needed	<b>Max Pulls - Pull Up Bar</b> <i>4 reps per set, 4 sets. Rest 5 mins between sets</i>  Find the right amount of added weight to make this doable but you want the last set to either fail or barely get.	<b>HIIT</b> <i>4 sets, rest 1 min between sets</i>  Do all exercises described in a row without resting. Then rest and repeat.  • 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		
Week 3 - Day 4	2.5 hours	<b>Project</b> <i>2 hour</i>  Try hard and be intentional about your attempts and sending!	<b>Hip Openers</b> <i>3 stretches, hold each for 30 secs, 3 sets each</i>  Same stretch we do in practice. Splits, high lunge (each leg).			
REST DAY						
REST DAY						
Week 4 - Focus: Power / Projecting						
Week 4 - Day 1	2.5 hours	<b>Maximum Intensity Bouldering</b> <i>1 hour</i>  Climb problems that are at your max or 1 level below your max. Use the tension board if needed	<b>Bench Press - Weights</b> <i>4 reps per set. 4 sets. 5 mins rest between sets.</i>  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.	<b>I's Y's T's - TRX Band</b> <i>4 reps per position, 12 reps total per set. 4 sets. Rest 5 mins between sets.</i>  You want to start facing the ground. The 'I' is straight out above your head. The 'Y' is arms out in a Y angle. The T is arms out like a cross. Find the right place to put your feet to make the difficulty what you want. Check out this video on how to do it. <a href="https://www.youtube.com/watch?v=vCEgANP9ScM">https://www.youtube.com/watch?v=vCEgANP9ScM</a>	<b>Bicep Curls - Dumbbells</b> <i>4 reps per arm, 8 reps per set, 4 sets, 5 mins rest between sets.</i>  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.	<b>Hip Openers</b> <i>3 stretches, hold each for 30 secs, 3 sets each</i>  Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg).

Day	Time	Drill 1	Drill 2	Drill 3	Drill 4	Drill 5
Week 4 - Day 2	1.5 hours	<b>Short Max Hangs - Finger Board</b> 5-10 sec Hangs, each hang is 1 rep. 4 reps. 2 sets; Rest 2 mins between each HANG  Add weight so that you are failing each rep between 5-10 seconds. Each hang is a rep, if you want to do one handed ones thats fine. Remember smaller rungs will work more coordination of the muscles and joints. Bigger runs work more strength. Either is fine.	<b>Rings - Muscle Ups</b> 3-5 reps per set. 3 sets. Rest 5 mins between sets  Another classic and one of the most extensive strength-excersizes out there. Unfortunately its's not easy. Get on the rings in a longhang-position and pay attention to the ring grip: the so called palm-of-the-hand-grip or False grip, is where the small-fingered side of your hand is turned inwards as far as possible.  Peroform a pull-up. When you have reached the highpoint try to move your shoulders above your hands. The rest of the movement is similar to a dip; the endpoint is reached when you find yourself pressed with straightened arms above the rings.  <a href="#">Image reference</a>	<b>Rings - Uneven frontlevel pull-up</b> 4-6 reps per set. 3 sets. Rest 4 mins between sets  Get on the rings in a head-first position. Bend on leg and lower your body until it's in a level piston. Pull up your body as high up as possible then lower again and switch legs. Pull again.  <a href="#">Image reference</a>	<b>Abs</b> 4 sets, 1 min rest between sets  • Knees to Elbows: 90 seconds • Leg Raises: 90 seconds Both exercises equals 1 set	<b>Hip Openers</b> 3 streches, hold each for 30 secs, 3 sets each  Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg).
REST DAY						
Week 4 - Day 3	.5 - 1 hours	<b>Project</b> 2 hour  Try hard and work to send your newest hardest grade on the tension board or at a new gym.	<b>Cable Woodchopper</b> 4 sets, 6-12 reps per side per set  Make sure you keep your arms straight and grab the handle with the arm that is furthest away. Then stack your hand on top of the other one. Stand far enough back so you can get a full range of motion on the core.  <a href="#">Video</a>	<b>Yoga</b> 30 mins - 1 hour  Suggestion video to follow along with <a href="#">Video</a>		
Week 4 - Day 4	2 hours	<b>Project</b> 2 hour  Try hard and work to send your newest hardest grade on the tension board or at a new gym.	<b>Hip Openers</b> 3 streches, hold each for 30 secs, 3 sets each  Standing Splits with reach back, high lunge with emphasis on pushing hips toward floor (each leg).			
REST DAY						
REST DAY						
Week 5 - Focus: Rest						
Week 5 - Day 1	10 mins	<b>Hip Openers</b> 3 streches, 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	1.5 hours	<b>Free Climbing - Movement Practice</b> 1 hour  <b>GO EASY.</b> Lots of rest between go's. Stay below half your max				
REST DAY						
Week 5 - Day 3	30 mins	<b>Yoga</b> 30 mins - 1 hour  Suggestion video to follow along with <a href="#">Video</a>				
Week 5 - Day 4	1 hours	<b>Free Climbing - Movement Practice / Fingers</b> 1 hour  <b>GO EASY.</b> Lots of rest between go's. Stay below half your max	<b>Hip Openers</b> 3 streches, 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!						