Day 1! Have fun and really give alot of attention Day 1! Have fun and really give alot of attention Week 1 - Focus: Fingers / Movement Traversing - Quiet Feet Projecting 10 sets, 1 rep per set 20 mins 1-2 hour								
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to your body and HOW its moving on the wall! Week 1 - Day 1 1.5 - 3 hours Tind 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 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. 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 wareness. Find a good spot on the wall to traverse (Move left or right along wall) and while climbing, focus on placing each foot solwly and silentity 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. Grip Example Image This drill helps improve foot precision and body traverse (Move left or right along wall) and waverness. 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 silentity 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! A sets with a 4-finger open hand 2 sets with a 4-finger open hand 3 set of the variety of the wall of the whole time. Week 1 - Day 1								
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Day	Time	Info	Drill 1	Drill 2	Drill 3	Drill 4	
REST DAY							
Week 2 - Focus:Hypertrophy / Movement							
Week 2 - Day 1	2 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 - 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	times each in the described manner.	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.	Cable Axe Swing 8-12 reps, 3-5 sets. (1 set is each side) 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 down and across your body to your right hip in a chopping motion, 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	
Week 2 - Day 2	2 hours	up make sure you work on your	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!	Straight Arms Pick 4-6 boulders around a quarter of your max. Climb each 2-3 times 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!	Free Climb time 1 hour Climb whatever you want. Play around with movement and have a good time:)		
REST DAY							
Week 2 - Day 3	2 hours	While you warm up make sure you work on your footwork and hip movement!	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 or 10 seconds, then rest for 50 seconds. Repeat until you've done 10 total sets. Grip Example Image	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	8-7-6-5-4-3-2-1 Rest 1 minute between sets In other words, do 8 pull ups, then rest 1 minute, then 7 pull	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 4	2 hours	While you warm up make sure you work on your footwork and hip movement!	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!				
REST DAY							
REST DAY							

Day	Time	Info	Drill 1	Drill 2	Drill 3	Drill 4
Week 3 - Day 1	2 hours	Week 3 should find you starting to see gains, though you may not until week 4. While you warm up make sure you work on your footwork and hip movement!	Bouldering Pyramids Climb a big pyramid starting easy going hard then come back to easy. 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. 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.		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 'l' 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 5 mins 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	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	Hang Around and Pull Pick 4 boulders around half your max and climb them 2-3 times each in the described manner. 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 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	Cable Axe Swing 8-12 reps, 3-5 sets. (1 set is each side) 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 down and across your body to your right hip in a chopping motion, 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	Trying repeaters today. These will turn into your bread and butter hang protocole once your fingers start to get stronger.	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.			
Week 3 - Day 4	2.5 hours	While you warm up make sure you work on your footwork and hip movement!	Free Climb time 1 hour	3x4 Bouldering (Hard, Hard, Easy) 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. 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	5 Times Exercises No rest until you finish all 5 exercises, rest 2-3 minutes, and repeat 3-5 sets • 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	
			Climb whatever you want. Play around with	the halfway point, just move on to the next	Dumbbell Shoulder Press: 1 minute (choose weight that is	
REST DAY			Climb whatever you want. Play around with movement and have a good time :)			

Day	Time	Info	Drill 1	Drill 2	Drill 3	Drill 4
Week 4 - Day 1	1.5 hours	Week 4I Last week you are almost there! Keep going! Rest week coming!	on, 3 seconds off on loop for 6 reps (1 set). Followed by a 5 min rest. We want to work	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!	Up Down Ups Pick 4 climbs around half your max and climb them in the described manner. 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 4 - 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 or 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!	Straight Arms Pick 4-6 boulders around a quarter of your max. Climb each 2-3 times 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!	
REST DAY						
Week 4 - Day 3		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	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	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 4		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 • Knees to Elbows: 1 minute • Supermans: 1 minute • Leg Raises: 1 minute • V-Ups: 1 minute • Knees to Elbows: 1 minute	
REST DAY			One Example Image			
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Day	Time	Info	Drill 1	Drill 2	Drill 3	Drill 4
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 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 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 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!