

| 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 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! | 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. | |
| 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 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 | 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 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 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! | | | | | | |