

Training Phase 3

November 6th till the end of January 2024

Overview

After doing two phases of training (8 weeks and 11 weeks respectively) with Will focusing on UB strength and lower body mobility I have decided to come up with my new plan that I will be focusing on for 12 weeks (minus 2 weeks of holidays in TT).

Another realisation I've had this winter is the effect of the seasons on my training and mood. It doesn't make that much sense to me to do workouts very similar to the ones I do in the summer. I recently watched this video on YouTube of this vegan fitness influencer and she mentions how the cold season is a period for her to build strength and flexibility (and also eat and nourish) and the summer is a period to enjoy the strength and mobility she builds over the winter and I connect with that. I enjoy a 3-4 hr workout bouldering session in the summer but not in the winter, I want to be home and eat and rest and recover. I want to enjoy daylight during the day or be doing work and be in sync with the rest of society.

Goals

1. **Growth:** In this next phase, I will focus on gaining muscle mass. I want to focus on eating more and bulk up, allowing my body to heal and gain strength. Bulking “sprints” might be considered where I focus on eating more a week or so. Also, SOSTBABB #1 will focus on biceps growth with a biceps superset circuit.
2. **Addressing weaknesses:** I will work on addressing particularly tense or weak areas.
 - a. **Upper back:** this will be targeted with either a high volume of bodyweight rows at an easy difficulty (4 sets of 20-25 reps or so) or with a cable machine when available
 - i. **Target:** 8-12 sets per week (2-3 sessions)
 - b. **Tight right shoulder:** stretching of lats (see Butcher’s Block Stretch) - for 1-3 minutes at a time, which can be done while resting in an exercise that does not involve the lats
 - i. **Target:** 6 sets/week (2 sessions)
 - c. **Weak lower abs:** Garhammer raises, do ATG progression: simple knees up and down (sets of 8-12), knees up to leg extended, L-sit to legs up, full leg raise (see ref: [Knees Over Toes Guy Exercises \(FULL LIST OF ATG EXERCISES\)](#))
 - i. **Target:** 6 sets/week (2 sessions)
3. **Climbing training without bouldering:** I am sort of bored of bouldering indoors, especially by myself, I don’t see it as very efficient training due to the variability between sessions and climbing gyms. I will only do bouldering as a social activity to meet up and catch up with friends. In the meantime, I will still train climbing specific exercises but with a focus on efficient and quick training:
 - a. **Campus board:** I find this hard and it’s good for training explosivity and fast gripping. I will perform 4 sets of 1-2-3 and then 6 sets of 1-3-4. Once I can comfortably do 1-3-4 or after 4 weeks of training I will attempt 1-3-5 going up to

12 total sets per session: 4x 1-2-3, 4x 1-3-4, 4x 1-3-5. The next progression would be 1-4-5. 90-120 secs rest between sets.

- i. **Target:** 2-3 sessions per week
- b. **Finger strength:** I will train 6 sets of 90% (+10 kg) max 10 sec deadhangs at the beginning of every session.
 - i. **Target:** 2-3 sessions per week
- 4. **LB Mobility and leg stimulus (TBC):** I want to have simple yet stimulating leg workouts with or without machines, I don't care so much about perfect ATG squats or ATG standards but more about growth stimulus to the leg. I want to have 2 leg workouts to give myself flexibility. I also want to incorporate 2 sets of pancake training a week but following the progressions of @summerfunfitness (lead with belly button, use bent knees - [How to be Strong and Flexible | Weighted Mobility](#)). I also want to incorporate (if possible) 6 minutes of back-and-forth sledding in every LB session (maybe even on UB days). Leaving a day between sled sessions at least. For machine-less workouts I like to incorporate high-volume lunges (20 steps at a time), for machine workouts, I like Will Tennyson's workout here: [I Got Married](#)

Specifications

Workouts

1. Upper body - climbing training option - [📍 Bethwall Green Climbing Centre](#)

a. Warm-up:

- i. sledge for 6 minutes or skip rope for 5 minutes
- ii. Shoulder activation with bands - look to loosen and make space
- iii. (if dead-hanging) finger recruitment

b. **Deadhang:** 6 sets of 90% (+10 kg) max 10 sec deadhangs at the beginning of every session. Can build up to weight in sets before

c. **Campus board**, 4x 1-2-3, 6x 1-3-4

d. **Rowing** - 4 sets of 8-12 reps with machine or 20-25 if BW

e. **Bicep superset circuit** - 2-3 sets with lat stretch in between sets. Rest 2-3 minutes

2. LB option 1 - with machines (preferred) [📍 Muscleworks Gym 2](#)

a. **Sled** 6 minutes

b. **Seated Hamstring Curl:** Perform 3 sets of 12 to 15 repetitions, pushing to failure on each set.

c. **Leg Extension:** 3 sets are performed; the first set is a straight set of 15 to 20 repetitions. The following two sets aim to reach 20 reps in total, using rest-pause if necessary (e.g., 14 reps, then rest briefly for 5-10 secs, and continue to 20).

- d. **Leg press:** Put feet as low as possible on the pad, come down without the heel coming up, pause briefly, and then explode out. Perform 3 sets with a rep range of 8 to 10 on a heavier day, and 12 to 15 on another day.
- e. **Hack squats:** 3 sets - 8-12 reps (leg should be smoked by now)
- f. 3 sets of 8-10 reps of **weighted pancake training** (move this to the start of the workout sometimes)

3. LB option 2 - machineless - Bethwall Green Climbing Centre :

- a. Skipping 5 mins
- b. Hip opening with KB
- c. 6 sets of high-volume lunges
- d. 4 sets of 8-10 reps of **weighted pancake training**