

Climbing

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1 Gym Climbing

Date	Location	Gym	V4	V5	V6	V7	5.10	5.11	5.12
<2023-03-07 Tue>	West Lafayette	Corec							
<2023-03-08 Wed>	West Lafayette	Corec	3						
<2023-03-12 Sun>	West Lafayette	Corec	1						
<2023-03-13 Mon>	West Lafayette	Corec	1	1					
<2023-03-17 Fri>	Chicago	First Ascent (Avondale)	1						
<2023-03-19 Sun>	Chicago	First Ascent (Block 37)	6	1					
<2023-03-21 Tue>	Lafayette	Climb Lafayette	1						
<2023-03-24 Fri>	Lafayette	Climb Lafayette	1						
<2023-03-26 Sun>	West Lafayette	Corec	2						
Statistics			16	2	0	0	0	0	0

Useful links:

1. Climbing Grade Conversion Table
2. An interesting protocol for hangboarding everyday

2 Off-Wall Training