

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						
<2023-03-29 Wed>	West Lafayette	Corec	2						
<2023-03-31 Fri>	Chicago	First Ascent(Block 37)	2	1					
<2023-04-02 Sun>	Chicago	First Ascent(Avondale)	1	1				1	
<2023-04-03 Mon>	Chicago	First Ascent(Avondale)	2						
<2023-04-05 Wed>	West Lafayette	Corec	3						
<2023-04-07 Fri>	West Lafayette	Corec							
<2023-04-09 Sun>	Lafayette	Climb Lafayette					2		
<2023-04-11 Tue>	Lafayette	Climb Lafayette							
<2023-04-13 Thu>	West Lafayette	Corec							
<2023-04-15 Sat>	Chicago	First Ascent(Avondale)					1		
<2023-04-17 Mon>	Chicago	First Ascent(Avondale)	1						
Statistics			26	4	0	0	3	1	0

Useful links:

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

2 Off-Wall Training

2.1 Test(Measure of progress)

HB: Hangboard

Date	HB 25mm	HB 20mm
<i><2023-04-07 Fri></i>	12s	4s

2.2 Protocol of Submaximal Hangboard Twice a day

M stands for Morning, N stands for Night, C means I have climbed on that day.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<2023-04-03 Mon>		N	M C	M N	C	M N	M C
<2023-04-10 Mon>	M N	M C	N	C			

2.3 Other Training

I do some other low-intensity power training.

Date	Leg	Chest
<2023-04-06 Thu>	1	
<2023-04-08 Sat>		1
<2023-04-10 Mon>	1	
Statistics		