warm up routes: onsight 90% of time
volume routes: probably need to be redpointed but can be done so in a day
project routes: should take a whole day of effort to redpoint (or longer), top route should be *the ultimate goal and informs the other routes*

Usage:
After a trip, fill in the routes you sent like below. The goal is to have a balanced pyramid, and to keep replacing the top with the next goal.

<div align="center">

13b

13a 13a

12d 12d 12d 12d

12c 12c **12c 12c 12c 12c**

12b 12b 12b **12b 12b 12b 12b 12b**

12a 12a 12a 12a 12a 12a 12a **12a 12a 12a**

</div>

Example Days:
project day 1/2: warmup to row 5. three efforts on the project
   1. bolt to bolt, getting the sequence down (**don't** try to onsight your project, which will blow you up and cause inefficiencies in your climbing)
   2. redpoint burn: try to link up the sections, linking moves
   3. bolt to bolt: fine tune the beta, using the redpoint burn to improve efficiencies

project day 2/2: WU to row 5. Three efforts on the project:
   1. bolt to bolt to remember linkages
   2. redpoint attempt
   3. redpoint attempt
   4. if possible: go a few moves above redpoint high point and try to get to the top

volume day: 1) warmup to row 5, 2) redpoint/onsight row 3 or 4 route (row 3 should be RP, i.e. bolt to bolt first try, then linkage try)

Example Week
   1. **project day 1/2**
   2. **volume day**
   3. **rest day**
   4. **project day 2/2**
   5. **volume day**
   6. **rest**
   7. **rest**