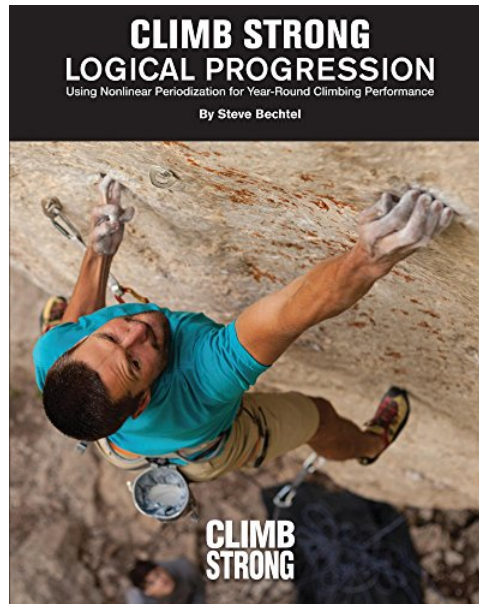# kQ6hY [GET] Logical Progression: Using Nonlinear Periodization for Year-Round Climbing Performance

Training for climbing can be fun, but sticking to a schedule can be desperately hard. Many climbers have seen the value of a carefully planned out, periodized training program. Clearly, such programs work, but many of us can't stick to such a rigid schedule.What if there were a better way? What if there were a more flexible way of planning that provided the same great results? And what if such a program allowed you to maintain high levels of climbing performance much longer than you could on a traditional program? For the climber that has limited time to train, there may be no better program than Logical Progression. For anyone who wants to get fit and stay fit for long trips and redpoint seasons, the program outlined in this book can give you a great advantage. Based on solid science and tested by hundreds of climbers, Logical Progression is a simple and very effective way of organizing your training, and making sure that progress keeps coming.

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