

My Climbing training Program of 5 week(s)
WEEK 1 :

_____LUNDI_____

****REST****

_____MARDI_____

****Power Endurance|Anaerobic Capacity|Hangboard 7:3s 80% --> 25 min****

Deadhang 20mm 6sets x 5reps x 7s per rep

Resistance 80% of Maximum

Rest 03:00 between sets & 00:03 between reps

****Strength & Power|Bouldering|Pyramids --> 60 min****

set 1 to 8 : 8 problems increasing in difficulty, set 9 to 15 : reverse order

Target : from hard to max, 3 tries max per problems

Rest 03:00 between attempts

_____MERCREDI_____

****REST****

_____JEUDI_____

****Conditionning|Antagonist Muscles|Stabilizer Conditionning --> 20 min****

3 exos x 3 sets x 10 reps

exos are : External Rotations, Standing Y, Triceps extension

Rest 01:00 between sets

****Conditionning|Core|H-Core --> 25 min****

3 exercices x 4 sets x 20 reps

Rest 01:00 between sets

exos are : Weighted upper abs crunches, Back Arches, Weighted Russian twist

****Conditionning|Cardio Training|Jumping Rope --> 30 min****

5 sets x 8 reps x 20s

Rest 00:10 between reps

****Power Endurance|Aerobic Power|Boulder Intervals --> 40 min****

20 problems in 20:00

Target intensity : moderate

Rest 00:30 between problems

_____VENDREDI_____

****Conditionning|Flexibility|Hip & Leg Flexibility --> 30 min****

4 exos x 4 sets x 1 reps x 01:00 per rep

exos : Split, Butterfly, Grab your feet, Hip flexors Stretch

Rest 01:00 between sets

****Power Endurance|Anaerobic Capacity|6 in 6 --> 35 min****

3 sets x 6 hard boulders, 06:00 per set

Target grade : Flash grade

Rest 05:00 between sets

****Conditionning|Upper Body|Weighted Pull Ups --> 20 min****

5 sets x 5 reps

Resistance : 85%-95% of 2RM

Rest 02:00 between sets

SAMEDI

****Power Endurance|Aerobic Power|Capacity Power --> 80 min****

5 sets x 2 reps x 1 pumpy route or circuit

Target grade : 1-2 grades below on-sight

Rest 10:00 between sets & 01:00 between reps

****Power Endurance|Anaerobic Capacity|Hangboard 7:3s 80% --> 25 min****

Deadhang 20mm 6sets x 5reps x 7s per rep

Resistance 80% of Maximum

Rest 03:00 between sets & 00:03 between reps

DIMANCHE

****Power Endurance|Aerobic Power|Hangboard 7:3s 50% --> 40 min****

Deadhang 20mm 6sets x 12reps x 7s per rep

Resistance 80% of Maximum

Rest 04:00 between sets & 00:03 between reps

****Conditionning|Upper Body|Weighted Pull Ups --> 20 min****

5 sets x 5 reps

Resistance : 85%-95% of 2RM

Rest 02:00 between sets

****Conditionning|Cardio Training|Footing --> 30 min****

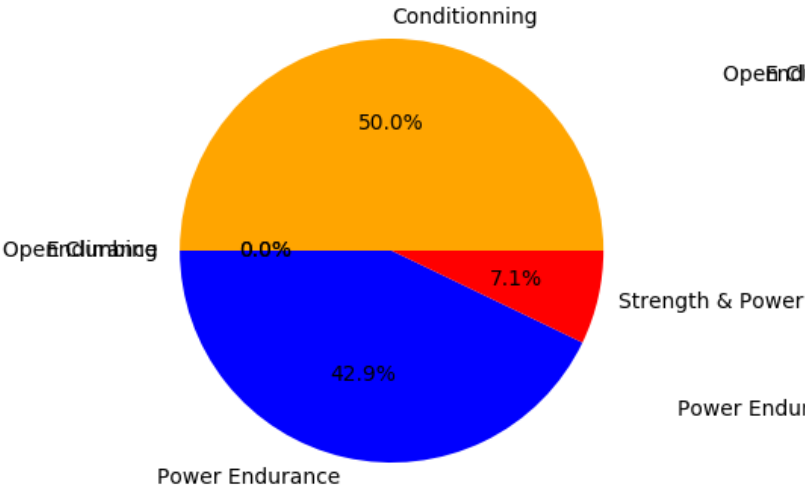
30min of easy flat terrain running

Summary table for week 1 :

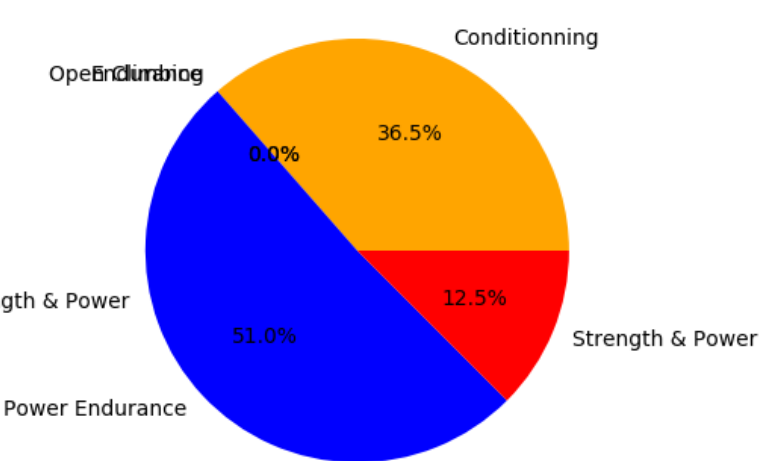
Workout type	Workouts	Durations (min)	Workload
Antagonist Muscles	1	20	18
Core	1	25	64
Flexibility	1	30	7
Upper Body	2	40	200
Cardio Training	2	60	70
CONDITIONNING	7	175	359
Aerobic Capacity	0	0	0
Regeneration	0	0	0
ENDURANCE	0	0	0
Indoor	0	0	0
Outdoor	0	0	0
OPEN CLIMBING	0	0	0
Aerobic Power	3	160	1450
Anaerobic Capacity	3	85	1200
POWER ENDURANCE	6	245	2650
Bouldering	1	60	550
Finger Strength	0	0	0
Power	0	0	0
STRENGTH & POWER	1	60	550
TOTAL	14	480	3559

Training composition for week 1

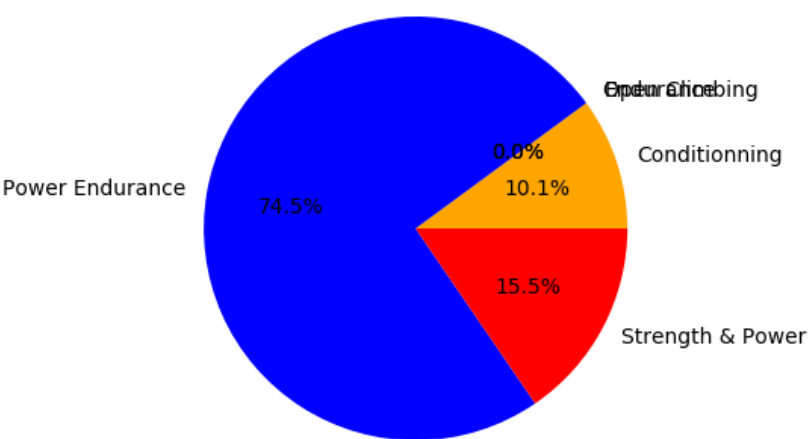
workouts composition



training time composition



workload composition



WEEK 2 :

LUNDI

****Strength & Power|Finger Strength|Hangboard Max Hangs --> 15 min****

20mm edge : 6 sets x 1 rep x 00:10 per rep

Resistance 90% of maximum

Rest 02:00 between sets

****Power Endurance|Aerobic Power|Broken Quarters --> 55 min****

4 sets x a 40 mouvs pump circuit or route broken in 4 parts of 10 mouvs

Target grade : 1-2 grades above on-sight

Rest 00:15 between parts & 10:00 between sets

****Conditionning|Flexibility|Forearm Mobility --> 20 min****

2exos x 4 sets x 2 reps x 01:00 per rep

exos are :Flexors Stretch & Extensor Stretch

Rest 00:10 between reps & 01:00 between sets

MARDI

****Power Endurance|Aerobic Power|Boulder Intervals --> 40 min****

20 problems in 20:00

Target intensity : moderate

Rest 00:30 between problems

****Endurance|Regeneration|Continuity 8x3 --> 35 min****

3sets x 1 rep x 08:00 easy climbing

Target : 3 sets of climbing on varied wall angle

Rest 03:00 between sets

****Endurance|Aerobic Capacity|1 On 2 Off --> 30 min****

10sets x 1min circuit

Target grade: 2 Grades Below Onsight, slightly overhanging wall

Rest 2min between sets

MERCREDI

****REST****

JEUDI

****Power Endurance|Anaerobic Capacity|Boulder Triples --> 40 min****

3 boulders x 2 sets x 3 reps

Target grade : Flash grade

Rest 01:00 between reps & 03:00 between sets

****Endurance|Aerobic Capacity|1 On 2 Off --> 30 min****

10sets x 1min circuit

Target grade: 2 Grades Below Onsight, slightly overhanging wall

Rest 2min between sets

****Conditionning|Cardio Training|Footing --> 30 min****

30min of easy flat terrain running

VENDREDI

****Strength & Power|Bouldering|Pyramids --> 60 min****

set 1 to 8 : 8 problems increasing in difficulty, set 9 to 15 : reverse order

Target : from hard to max, 3 tries max per problems

Rest 03:00 between attempts

****Power Endurance|Aerobic Power|Broken Quarters --> 55 min****

4 sets x a 40 mouvs pumpy circuit or route broken in 4 parts of 10 mouvs

Target grade : 1-2 grades above on-sight

Rest 00:15 between parts & 10:00 between sets

SAMEDI

****Conditionning|Antagonist Muscles|Forearm Conditionning --> 10 min****

2 exos x 3 sets x 10 reps

exos are : Flexor Curl, Extensor Curl

Rest 01:00 between sets

****Strength & Power|Finger Strength|Hangboard Max Hangs --> 15 min****

20mm edge : 6 sets x 1 rep x 00:10 per rep

Resistance 90% of maximum

Rest 02:00 between sets

****Conditionning|Upper Body|Weighted Pull Ups --> 20 min****

5 sets x 5 reps

Resistance : 85%-95% of 2RM

Rest 02:00 between sets

****Power Endurance|Aerobic Power|Capacity Power --> 80 min****

5 sets x 2 reps x 1 pumpy route or circuit

Target grade : 1-2 grades below on-sight

Rest 10:00 between sets & 01:00 between reps

DIMANCHE

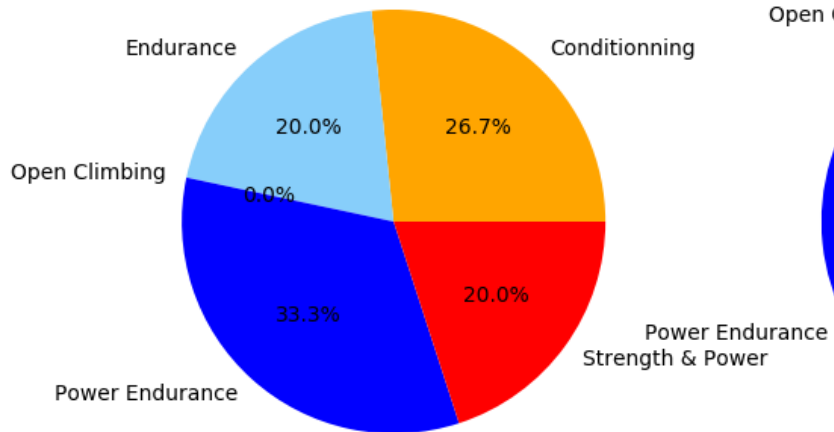
****REST****

Summary table for week 2 :

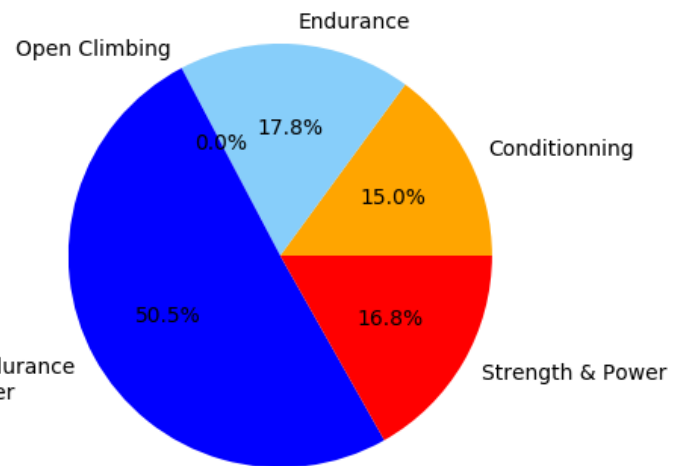
Workout type	Workouts	Durations (min)	Workload
Antagonist Muscles	1	10	16
Core	0	0	0
Flexibility	1	20	4
Upper Body	1	20	100
Cardio Training	1	30	40
CONDITIONNING	4	80	160
Aerobic Capacity	2	60	300
Regeneration	1	35	50
ENDURANCE	3	95	350
Indoor	0	0	0
Outdoor	0	0	0
OPEN CLIMBING	0	0	0
Aerobic Power	4	230	1050
Anaerobic Capacity	1	40	264
POWER ENDURANCE	5	270	1314
Bouldering	1	60	550
Finger Strength	2	30	306
Power	0	0	0
STRENGTH & POWER	3	90	856
TOTAL	15	535	2680

Training composition for week 2

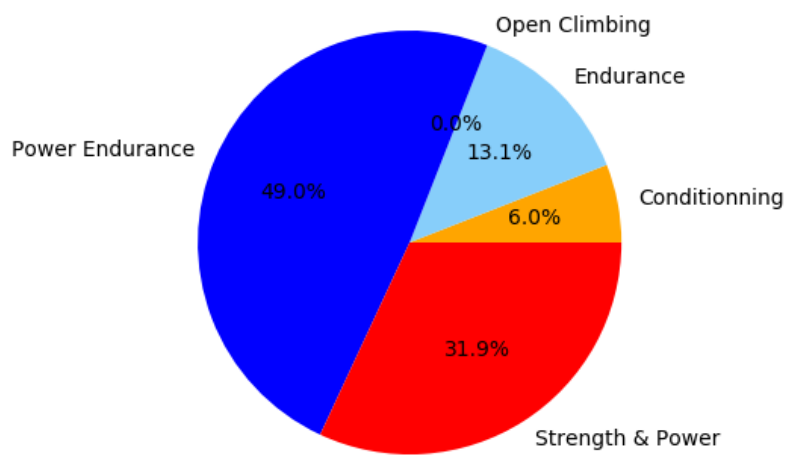
workouts composition



training time composition



workload composition



WEEK 3 :

_____LUNDI_____

****REST****

_____MARDI_____

****Endurance|Regeneration|Continuity 8x3 --> 35 min****

3sets x 1 rep x 08:00 easy climbing

Target : 3 sets of climbing on varied wall angle

Rest 03:00 between sets

****Strength & Power|Bouldering|Strength Intervals --> 65 min****

6 hard boulders x 3 reps

Target grade : 1 or 2 grade below max

Rest 03:00 between boulders & 03:00 between reps

_____MERCREDI_____

****REST****

_____JEUDI_____

****Endurance|Aerobic Capacity|Hangboard 7:3s 40% --> 20 min****

10 sets x 6 reps x 00:07 per rep

Rest 00:03 between reps & 01:00 between sets

****Conditionning|Cardio Training|Footing --> 30 min****

30min of easy flat terrain running

****Power Endurance|Anaerobic Capacity|Boulder Triples --> 40 min****

3 boulders x 2 sets x 3 reps

Target grade : Flash grade

Rest 01:00 between reps & 03:00 between sets

_____VENDREDI_____

****REST****

_____SAMEDI_____

****Power Endurance|Anaerobic Capacity|Broken Redpoint --> 45 min****

3 sets x 3 reps of the 6-8 mouvs crux section of a route or circuit

Target grade : Redpoint level

Rest 01:00 between reps & 10:00 between sets

****Endurance|Regeneration|Continuity 5x3 --> 25 min****

3sets x 5min very easy climb

Target grade: Several Grades Below On sight

Rest 3min between sets

****Power Endurance|Aerobic Power|Route Pyramid --> 100 min****

8 sets x 1 route or circuit

Target : set 1 to 5 increase by 1-3 grades until max effort & set 6 to 8 reduce difficulty by 1-3 grades

Rest 10:00 between sets

DIMANCHE

****Power Endurance|Aerobic Power|Capacity Power --> 80 min****

5 sets x 2 reps x 1 pumpy route or circuit

Target grade : 1-2 grades below on-sight

Rest 10:00 between sets & 01:00 between reps

****Power Endurance|Anaerobic Capacity|Boulder Triples --> 40 min****

3 boulders x 2 sets x 3 reps

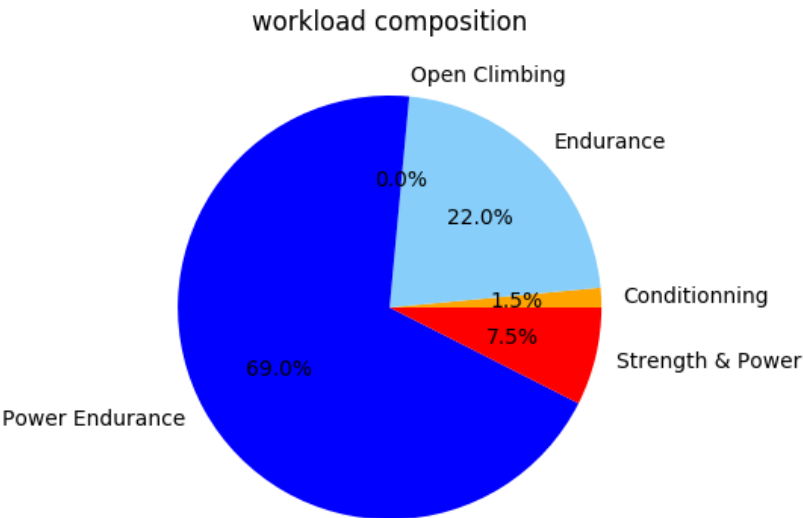
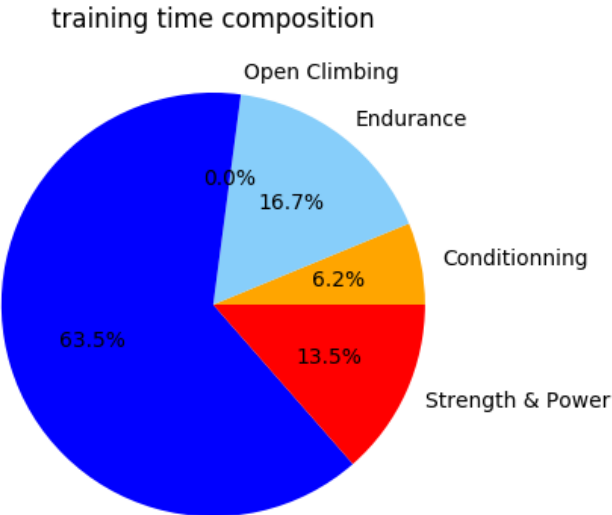
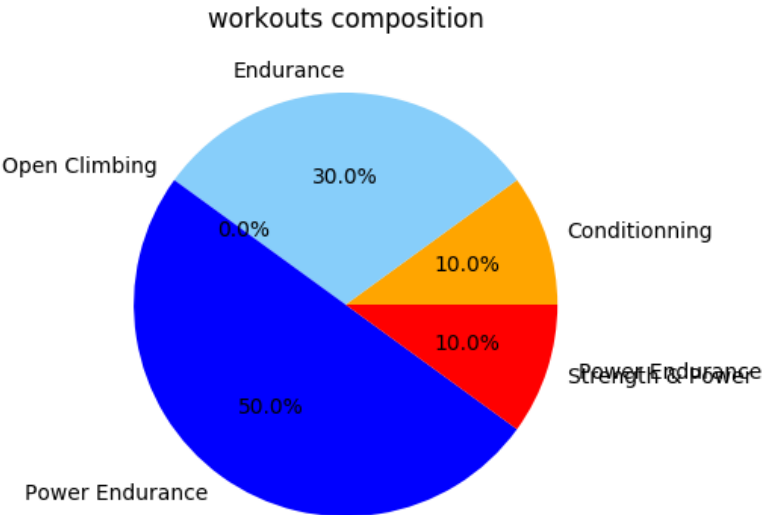
Target grade : Flash grade

Rest 01:00 between reps & 03:00 between sets

Summary table for week 3 :

Workout type	Workouts	Durations (min)	Workload
Antagonist Muscles	0	0	0
Core	0	0	0
Flexibility	0	0	0
Upper Body	0	0	0
Cardio Training	1	30	40
CONDITIONNING	1	30	40
Aerobic Capacity	1	20	500
Regeneration	2	60	90
ENDURANCE	3	80	590
Indoor	0	0	0
Outdoor	0	0	0
OPEN CLIMBING	0	0	0
Aerobic Power	2	180	920
Anaerobic Capacity	3	125	928
POWER ENDURANCE	5	305	1848
Bouldering	1	65	200
Finger Strength	0	0	0
Power	0	0	0
STRENGTH & POWER	1	65	200
TOTAL	10	480	2678

Training composition for week 3



WEEK 4 :

_____LUNDI_____

****REST****

_____MARDI_____

****REST****

_____MERCREDI_____

****Power Endurance|Anaerobic Capacity|Boulder Triples --> 40 min****

3 boulders x 2 sets x 3 reps

Target grade : Flash grade

Rest 01:00 between reps & 03:00 between sets

****Endurance|Aerobic Capacity|Drop Intervals --> 30 min****

6 sets x 6 boulders

Easy/moderate bouldering dropping in intensity

Rest 02:00 between sets & 00:00 between boulders

****Open Climbing 2h****

Just climb : Inside or Outside, route or boulder

_____JEUDI_____

****REST****

_____VENDREDI_____

****REST****

_____SAMEDI_____

****REST****

_____DIMANCHE_____

****Power Endurance|Anaerobic Capacity|6 in 6 --> 35 min****

3 sets x 6 hard boulders, 06:00 per set

Target grade : Flash grade

Rest 05:00 between sets

****Conditionning|Antagonist Muscles|Forearm Conditionning --> 10 min****

2 exos x 3 sets x 10 reps

exos are : Flexor Curl, Extensor Curl

Rest 01:00 between sets

****Conditionning|Core|Extended Core --> 20 min****

3 exercices x 3 sets x 15 reps

Rest 01:00 between sets

exos are : Bicycle, Tuck Dish, & Superman

****Endurance|Aerobic Capacity|Hangboard 7:3s 40% --> 20 min****

10 sets x 6 reps x 00:07 per rep

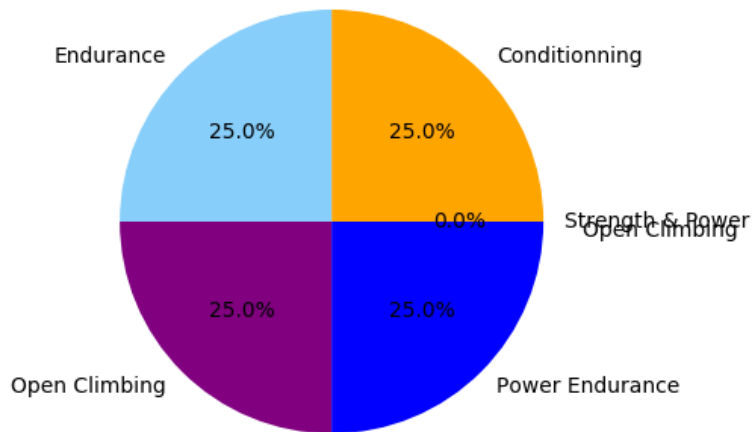
Rest 00:03 between reps & 01:00 between sets

Summary table for week 4 :

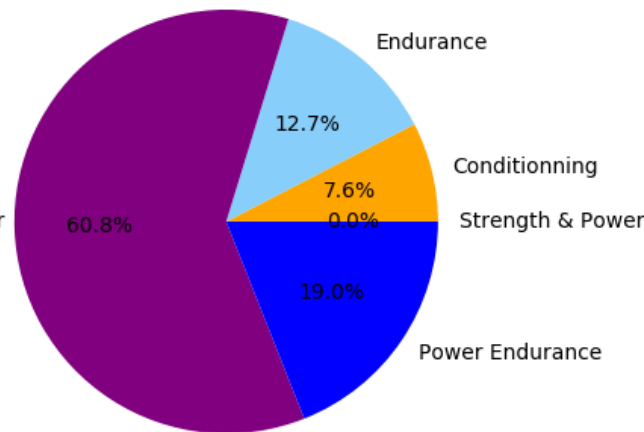
Workout type	Workouts	Durations (min)	Workload
Antagonist Muscles	1	10	16
Core	1	20	32
Flexibility	0	0	0
Upper Body	0	0	0
Cardio Training	0	0	0
CONDITIONNING	2	30	48
Aerobic Capacity	2	50	750
Regeneration	0	0	0
ENDURANCE	2	50	750
Indoor	1	120	500
Outdoor	1	120	500
OPEN CLIMBING	2	240	1000
Aerobic Power	0	0	0
Anaerobic Capacity	2	75	664
POWER ENDURANCE	2	75	664
Bouldering	0	0	0
Finger Strength	0	0	0
Power	0	0	0
STRENGTH & POWER	0	0	0
TOTAL	8	395	2462

Training composition for week 4

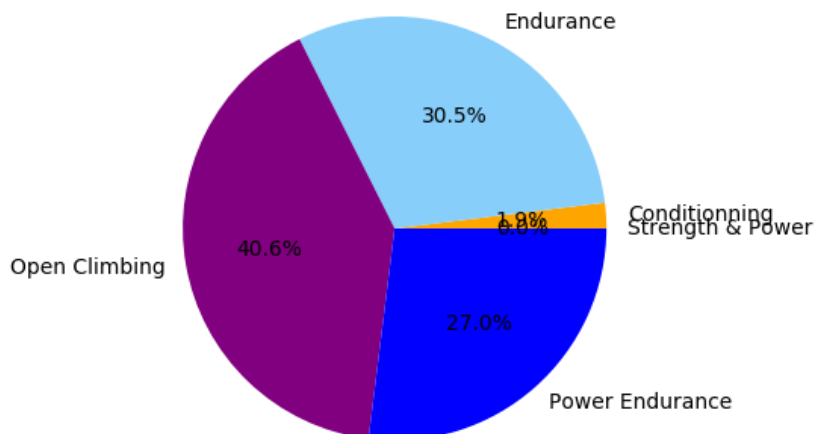
workouts composition



training time composition



workload composition



WEEK 5 :

_____LUNDI_____

****REST****

_____MARDI_____

****Conditionning|Cardio Training|Jumping Rope --> 30 min****

5 sets x 8 reps x 20s

Rest 00:10 between reps

****Conditionning|Flexibility|Hip & Leg Flexibility --> 30 min****

4 exos x 4 sets x 1 reps x 01:00 per rep

exos : Split, Butterfly, Grab your feet, Hip flexors Stretch

Rest 01:00 between sets

****Open Climbing 2h****

Just climb : Inside or Outside, route or boulder

_____MERCREDI_____

****REST****

_____JEUDI_____

****REST****

_____VENDREDI_____

****REST****

_____SAMEDI_____

****REST****

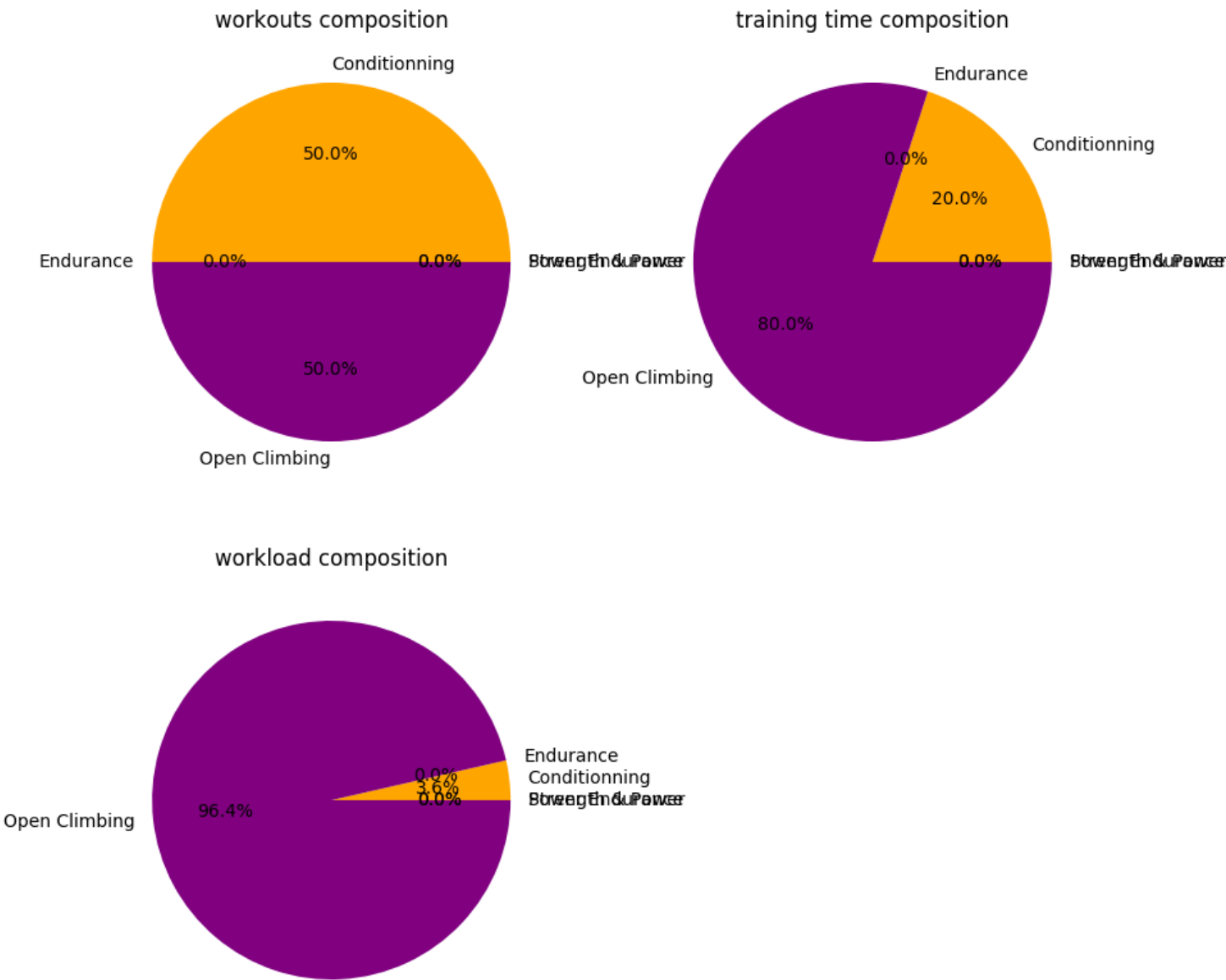
_____DIMANCHE_____

****REST****

Summary table for week 5 :

Workout type	Workouts	Durations (min)	Workload
Antagonist Muscles	0	0	0
Core	0	0	0
Flexibility	1	30	7
Upper Body	0	0	0
Cardio Training	1	30	30
CONDITIONNING	2	60	37
Aerobic Capacity	0	0	0
Regeneration	0	0	0
ENDURANCE	0	0	0
Indoor	1	120	500
Outdoor	1	120	500
OPEN CLIMBING	2	240	1000
Aerobic Power	0	0	0
Anaerobic Capacity	0	0	0
POWER ENDURANCE	0	0	0
Bouldering	0	0	0
Finger Strength	0	0	0
Power	0	0	0
STRENGTH & POWER	0	0	0
TOTAL	4	300	1037

Training composition for week 5

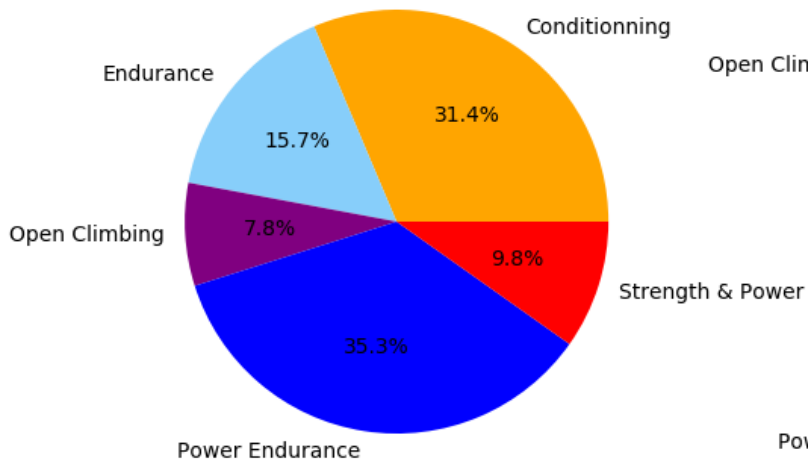


RECAP OF THE ENTIRE CYCLE :

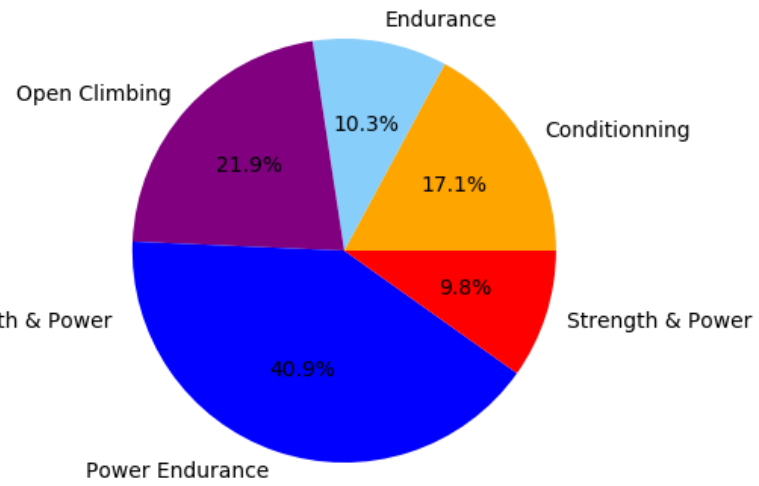
Workout type	Workouts	Durations (min)	Workload
Antagonist Muscles	3	40	50
Core	2	45	96
Flexibility	3	80	18
Upper Body	3	60	300
Cardio Training	5	150	180
CONDITIONNING	16	375	644
Aerobic Capacity	5	130	1550
Regeneration	3	95	140
ENDURANCE	8	225	1690
Indoor	2	240	1000
Outdoor	2	240	1000
OPEN CLIMBING	4	480	2000
Aerobic Power	9	570	3420
Anaerobic Capacity	9	325	3056
POWER ENDURANCE	18	895	6476
Bouldering	3	185	1300
Finger Strength	2	30	306
Power	0	0	0
STRENGTH & POWER	5	215	1606
TOTAL	51	2190	12416

Training composition for the entire cycle

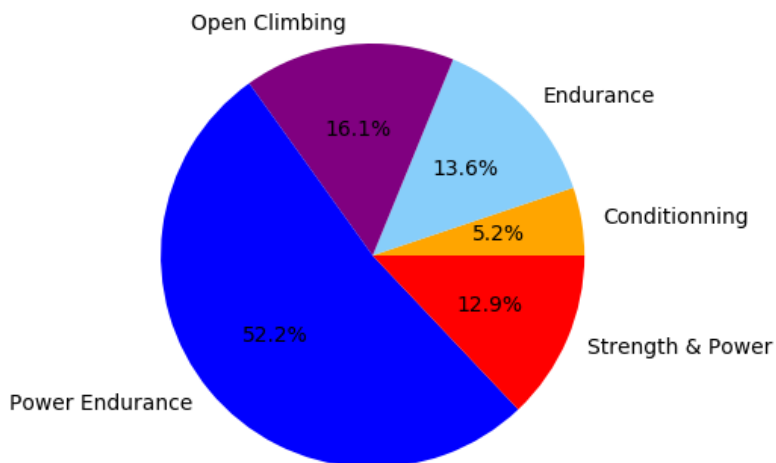
workouts composition



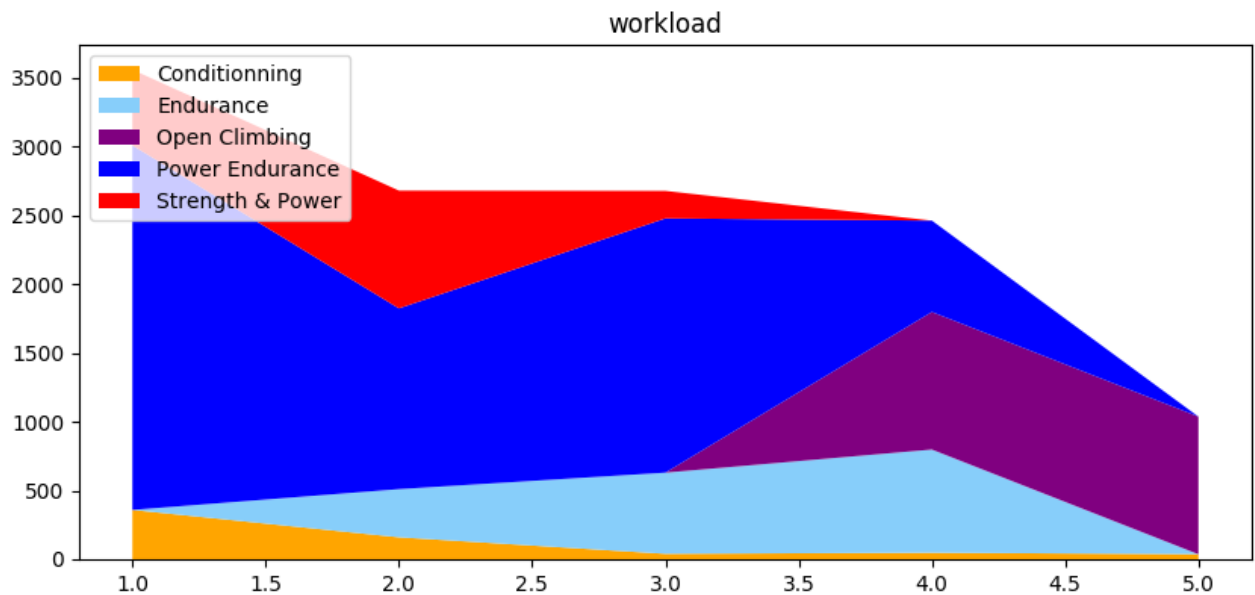
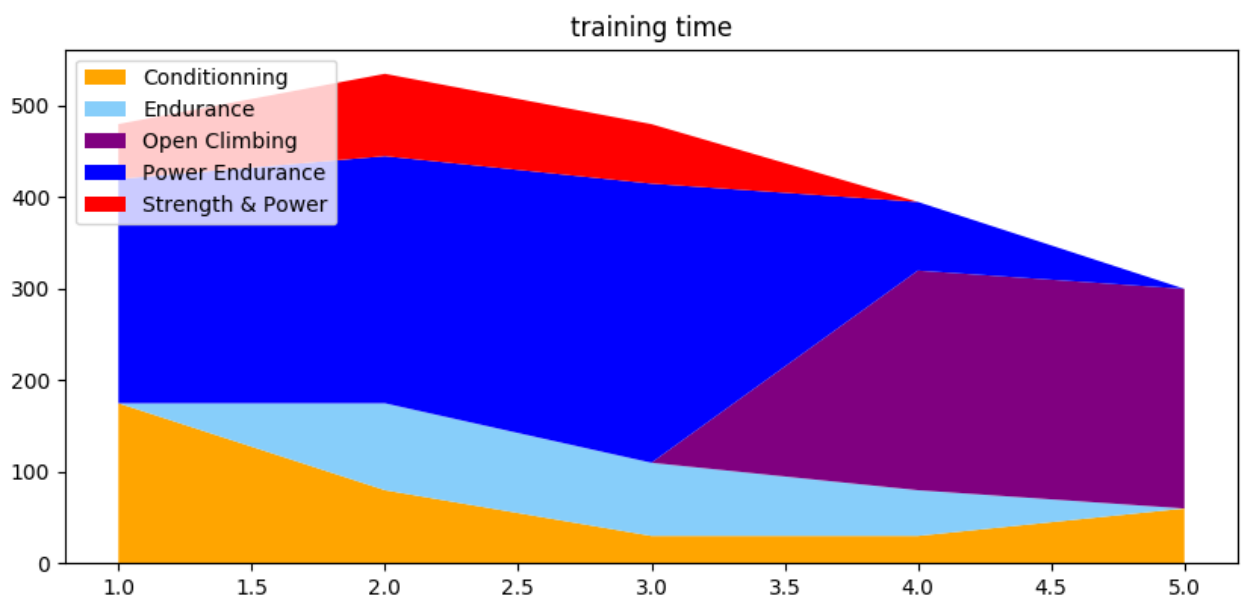
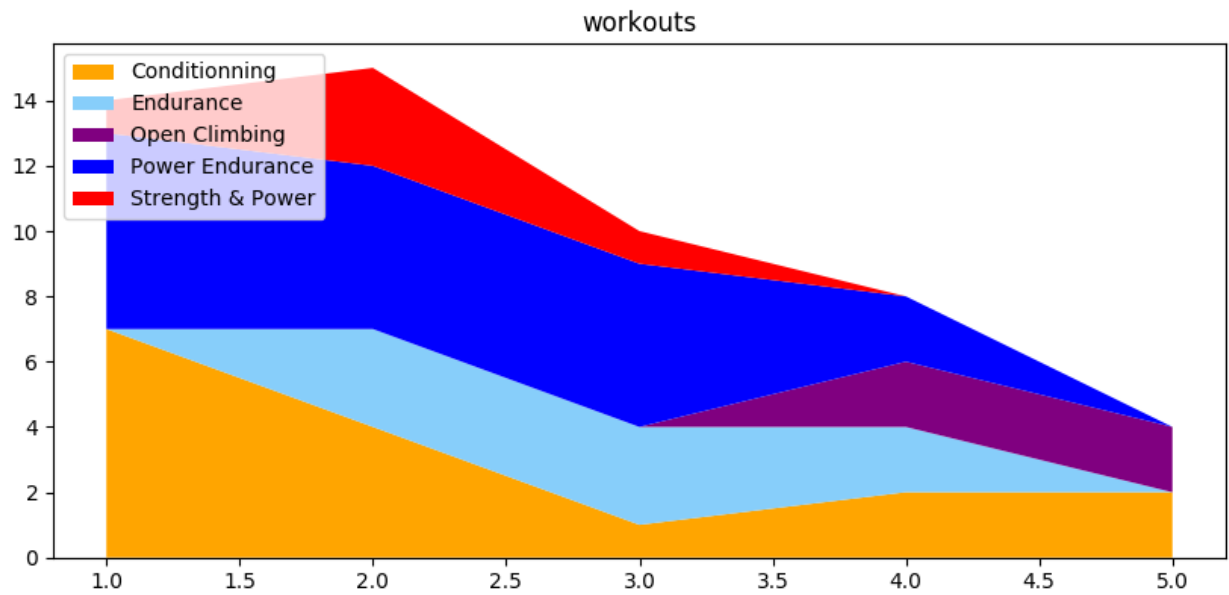
training time composition



workload composition



Summary for the entire cycle



Compensation graph

