

# My Climbing training Program of 1 week(s)

## WEEK 1 :

### LUNDI

**\*\*Conditionning|Cardio Training|Footing --> 30 min\*\***  
30min of easy flat terrain running

**\*\*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

**\*\*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

### MARDI

**\*\*REST\*\***

### MERCREDI

**\*\*Open Climbing 2h\*\***  
Just climb : Inside or Outside, route or boulder

### JEUDI

**\*\*REST\*\***

### VENDREDI

**\*\*Strength & Power|Power|Boulder Campus --> 45 min\*\***  
4 boulders x 3 rep x 00:07 per rep  
Target grade: 5-6 grades below max  
Rest 03:00 between sets & 03:00 between reps

**\*\*Open Climbing 2h\*\***  
Just climb : Inside or Outside, route or boulder

### SAMEDI

**\*\*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

**\*\*Strength & Power|Power|Boulder Campus --> 45 min\*\***  
4 boulders x 3 rep x 00:07 per rep  
Target grade: 5-6 grades below max  
Rest 03:00 between sets & 03:00 between reps

## DIMANCHE

**\*\*Strength & Power|Power|Boulder Campus --> 45 min\*\***

4 boulders x 3 rep x 00:07 per rep

Target grade: 5-6 grades below max

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

**\*\*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

**\*\*Strength & Power|Bouldering|Competition Boulder Set --> 40 min\*\***

6 boulders x 4min per boulder

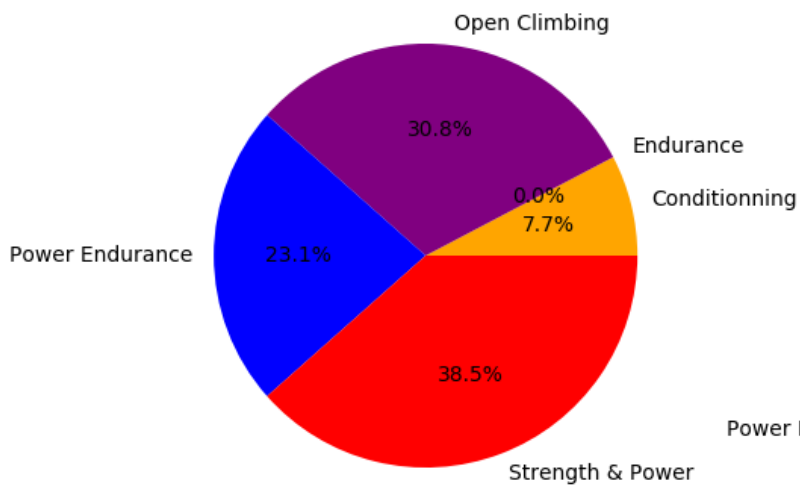
Rest 04:00 between problems

Summary table for week 1 :

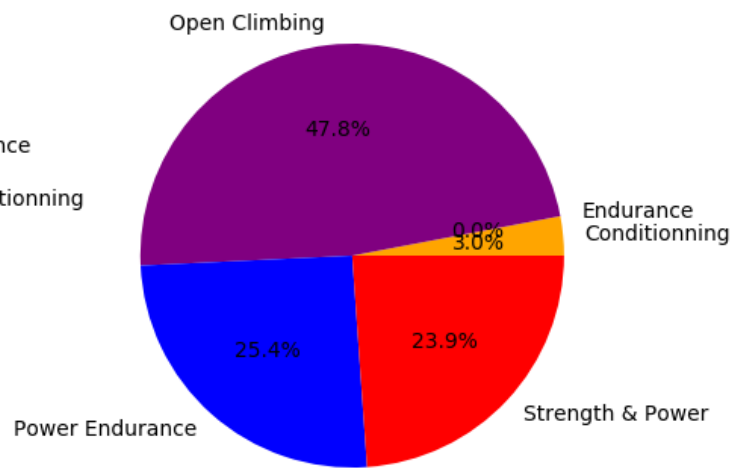
Workout type	Workouts	Durations (min)	Workload
Antagonist Muscles	0	0	0
Core	0	0	0
Flexibility	0	0	0
Upper Body	0	0	0
Cardio Training	1	30	40
<b>**CONDITIONNING**</b>	1	30	40
Aerobic Capacity	0	0	0
Regeneration	0	0	0
<b>**ENDURANCE**</b>	0	0	0
Indoor	2	240	1000
Outdoor	2	240	1000
<b>**OPEN CLIMBING**</b>	4	480	2000
Aerobic Power	3	255	1140
Anaerobic Capacity	0	0	0
<b>**POWER ENDURANCE**</b>	3	255	1140
Bouldering	2	105	900
Finger Strength	0	0	0
Power	3	135	1260
<b>**STRENGTH &amp; POWER**</b>	5	240	2160
<b>**TOTAL**</b>	13	1005	5340

## planning composition

### workouts composition



### training time composition



### workload composition

