



Circuit Training Plan

WELCOMES

Welcome to Climb!

Welcome to Climb! Below is a training plan designed to utilize the new circuit grading system we've introduced on the boulders at all of our facilities. The goal of this training plan is to provide a step-by-step plan for a few bouldering sessions every week where you utilize different circuit-levels to perform different elements of your training session.



START YOUR JOURNEY

Guidelines

- This training plan, along with increasing technical skills and baseline endurance, will ask you to use circuit grading to reflect on your climbing and where you might best focus your attention as a climber
- The training plan is focused on plenty of climbing, but you need to ensure you don't overdo it. Let your body adjust to climbing by following these simple rules.
 - Do not perform the Endurance portion more than twice per week and never on back-to-back days
 - If you're a new climber, for your first 2-3 months of consistent climbing, keep your sessions to shorter than 2 hours. Give your body time to adapt to longer climbing sessions.
 - Learn to rest between hard tries, especially when you're climbing on small holds
 - Get in the habit of drinking plenty of water, dehydration can increase the chances of tendon injuries, especially if you're climbing consistently
- This training plan is geared towards bouldering and will aid ropes climbing through skill development and conditioning.



KEEP GOING UP

Session Types

- This training plan introduces 2 explicitly different types of training sessions, which you can utilize based on your needs as a climber.
- Technique Sessions are focused on practicing technical skills and, after projecting, the session ends with a drill which, if performed correctly, will behave more as a strength training workout.
- Endurance Sessions are focused on a longer period of projecting, followed by a set amount of Circuit Endurance. The intensity/volume of Circuit Endurance can be increased in the following ways.
 - To increase intensity: mix in boulders (which you have already completed) from the next circuit-level up
 - To increase volume: simply increase the number of boulders you're aiming to complete in the allotted time



STAY FOCUSED

Session Structure

(Technique vs. Endurance Days)

Each Technique Session follows the structure below

- Warm-Up (10-15 min)
- Technique Drill (25-30 min)
- Projecting Limit Boulders (25-30 min)
- “Workout” Drill (25-30 min)

Each Endurance Session follows the structure below

- Warm-Up (10-15 min)
- Projecting Limit Boulders (45-60 min)
- Circuit Endurance (30 min)

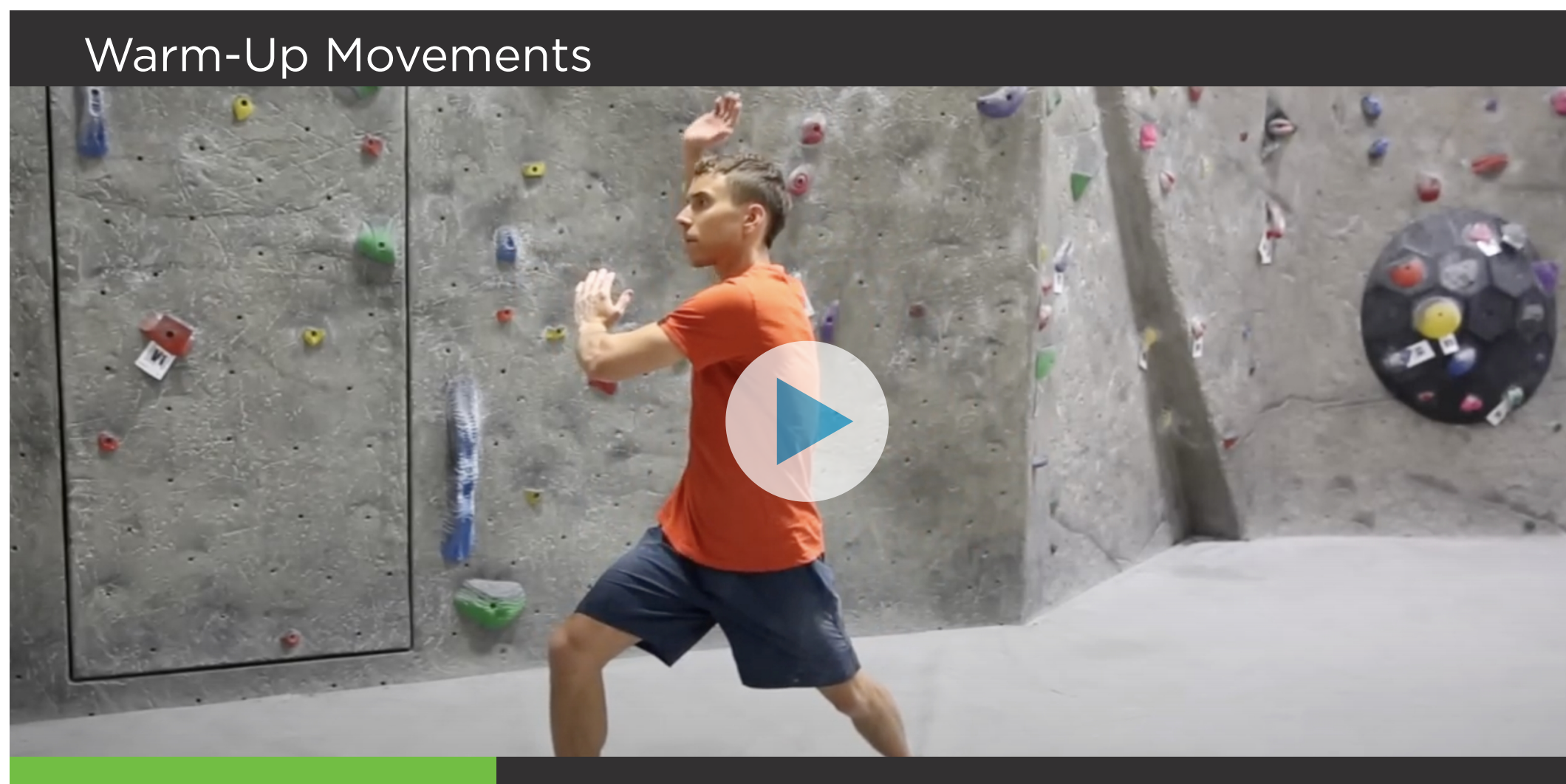
Open Session: Be sure to mix in days (I would advocate for at least 1x weekly) where your goal is purely to come in, warm-up, and try hard on projects.



BUILD YOUR SKILLS

Details for Each Part of Your Training Sessions

Warm-Up

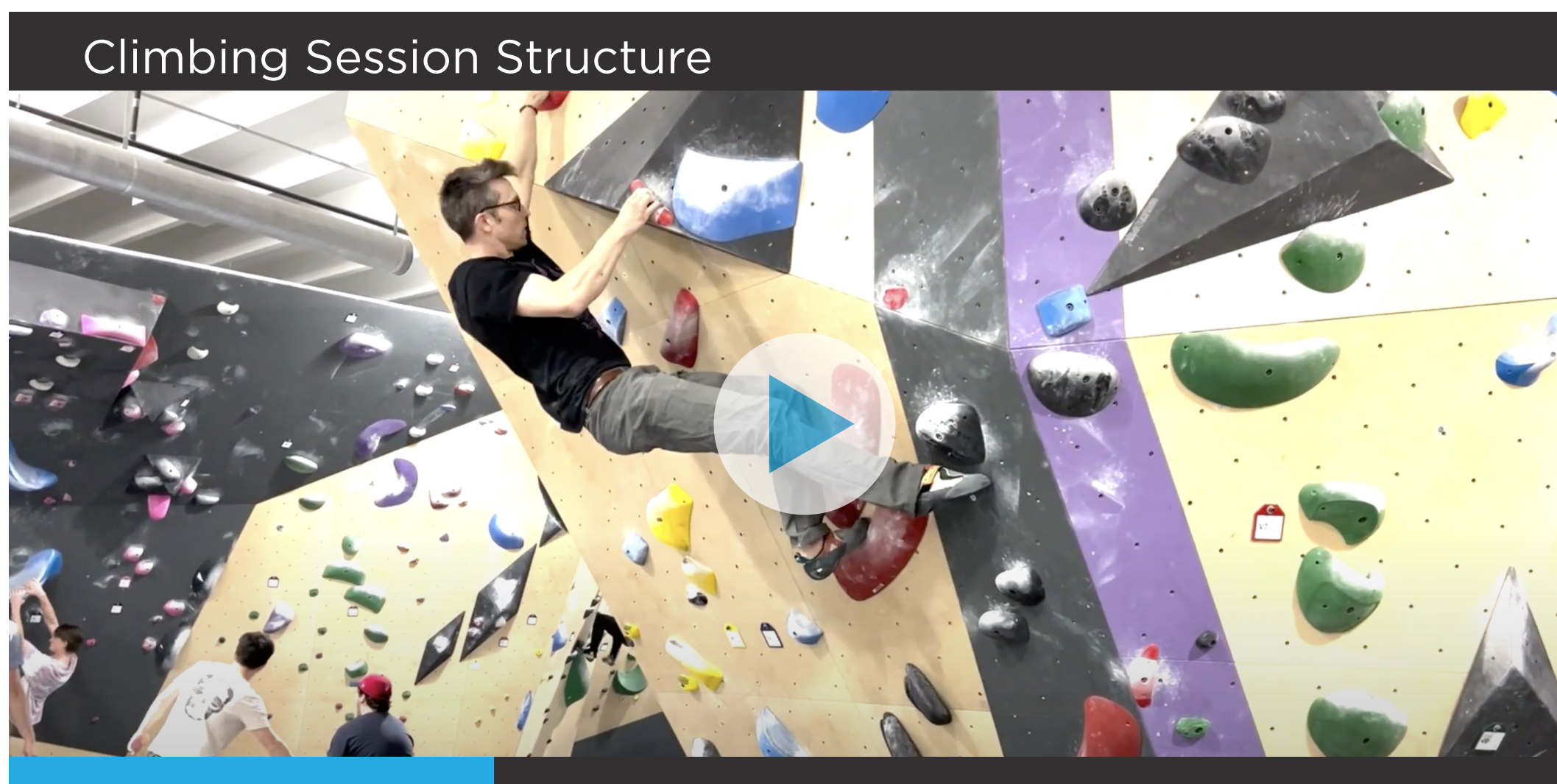


Warm-Up Climbing should run 10-15 minutes and follow these steps

- Begin with larger holds and climb 2-3 boulders on steadily steeper terrain
- Next, identify the highest circuit-level you've climbed at least 10 boulders in and repeat 3-4 of what you believe are easier boulders in the range below that
 - If the highest range for you is V4-6 or above, go down two ranges to repeat 3-4 boulders, and then complete your warm-up by repeating 2-3 boulders in the next range up
- **Example:** I have climbed 12 total boulders in the V6-8 circuit
 - My warm-up starts with warm-up movements
 - Then I climb 2 boulders that are really easy for me, but which are on steeper terrain
 - Then I climb 3 boulders in the V3-5 range
 - Then I climb 2 boulders in the V4-6 range
 - Now I am ready to kick off my training session!

Details for Each Part of Your Training Sessions

Climbing Session Structure



*This describes what an Open Session might look like, but does not include Density or Drills, which are part of Training Sessions

Technique Session

- Using the listed drills below, select 1 for your technique drill and 1 for your workout drill, each drill has a description (or video) and an explanation of which climbing elements it is designed to train.
- Technique Drills (aim to complete these drills 5-6x, resting 3 minutes)
 - Takeaway: practice making even easier problems incrementally more challenging by removing a hold after each successful ascent
 - Climb a boulder 1-2 circuit-levels below your limit and, after each completion, remove a hand or foothold. Rest a little bit (1-2 min) and then attempt to repeat without using the selected hand or foothold.
 - Best to do this drill with friends!

Details for Each Part of Your Training Sessions

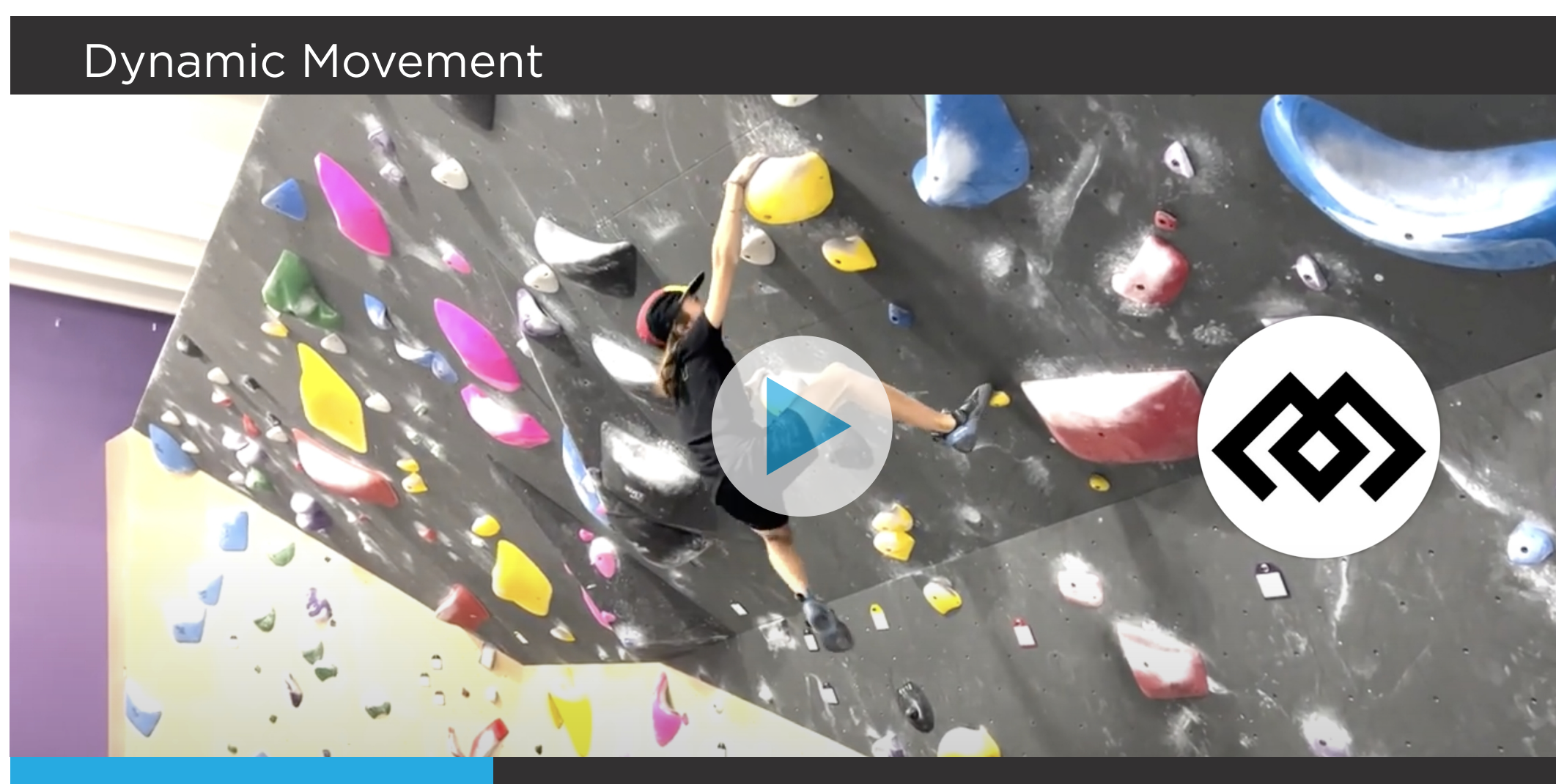
Technique Session
(continued)

- **Flow Repeats:** practice efficiency and shifting between body positions by aiming to complete climbs in less time
 - Set a stopwatch and repeat a boulder 1-2 circuit-levels below your limit
 - Focus on memorizing your beta, don't worry about going fast
 - Repeat the same boulder 3-4x, aiming to finish in a lower time
 - If your beta is incorrect or sloppy, repeat an additional time
 - Aim to execute the beta perfectly, seamlessly flowing from one movement to the next as a means of lowering your time
 - Have friends call out imprecise footwork or incorrect sequences
 - The goal is to be smooth and efficient, not fast and sloppy
- **Alternating Feet:** practice body positioning and how the shifting of hips, or smearing with feet, makes certain moves easier when you can only really use 1 available foothold
 - Attempt to repeat a boulder 1-2 circuit-levels below your limit, using only your right foot
 - Your other foot cannot use footholds, but it can smear on the wall and use volumes
 - Next, attempt the boulder using only your left foot with the same rules around smearing
 - The goal is learn how it's not always ideal or possible to place both feet on footholds and, in that situation, you need to use body positioning to ensure the non-using foot is still engaged and helpful, not just hanging around
 - Avoid performing this on Slab terrain

CONQUER THE WALL

Details for Each Part of Your Training Sessions

Technique Session (continued)

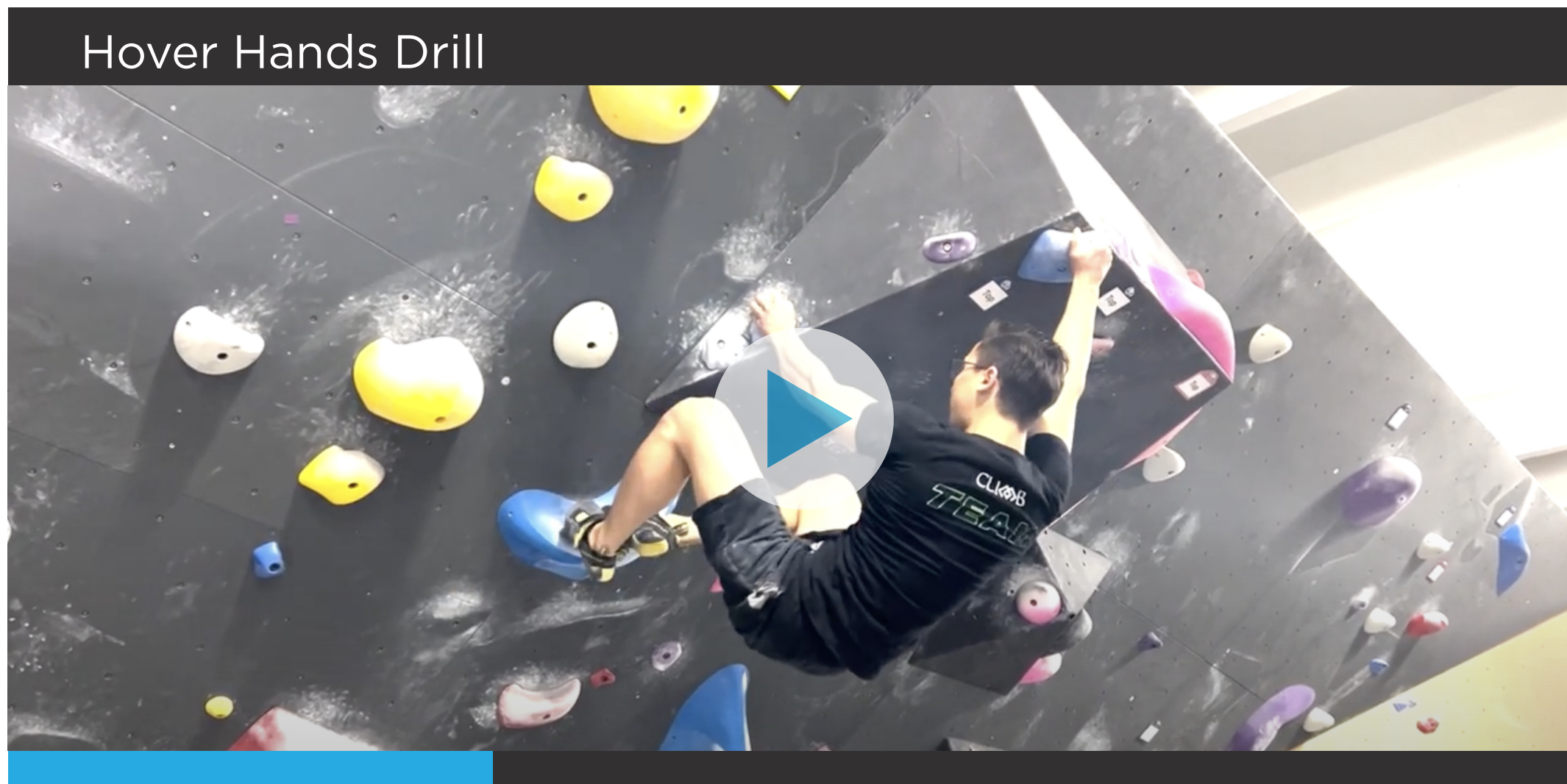


- **Dynos:** make up increasingly larger dynamic movements, practicing your ability to move explosively and cross increasingly large gaps
 - Make up dynos with your friends and remember, you can still train dynamic movement without your feet leaving the wall
 - You can try the Cut Feet drill if you wish but making up dynos with friends can be a lot more fun



Workout Drills

(aim to complete these drills 5-6x, resting 3 minutes)



- **Hover Hands:** practice tension, body positioning and digging with your toe in steeper areas
 - Always start with easier climbs! Even warm-up boulders will have a whole new dimension when this drill is performed properly
 - This drill is highly recommended as a physically and technically demanding challenge that can be adapted to a wide range of grades
 - NO HOVER HANDS ON SLAB!



Workout Drills

(aim to complete these drills 5-6x, resting 3 minutes)

- **Lock-Offs:** practice engaging your shoulders and strengthening your ability to control your upper body in steep terrain
 - Climb a boulder 2 circuit-level below your limit but in steeper terrain; use your feet for each movement but, after moving your hand...
 - Engage your shoulders, pulling shoulder blades down and in, bringing elbows to 90 degrees, avoiding straight arms
 - Let your feet off the wall and, hanging on in this engaged position, count to three
 - Bring your feet back onto the wall and make the next move, repeating the process

- **Pull-Ups:** practice upper body pulling in offset hand positions
 - Climb a boulder 2 circuit ranges below your limit but in steeper terrain; use your feet for each movement but, after moving your hand...
 - Let your feet off the wall and perform a pull-up
 - Bring your feet back onto the wall and make the next move, repeating the process
 - This exercise can be quite challenging, the easiest way to adjust it is to only perform pull-ups in positions where your hands are closer together
 - A very off-set or wide pull-up can be quite challenging

Limit Bouldering on New & Old Challenges

- “Limit” should be climbs you can’t complete in less than 4-5 tries
- Always try a few new challenges, and go back to anything you want to wrap up from your last session
- Be sure to rest a few minutes between attempts during this part of your session! If you’re trying your hardest your body need to recover after limit attempts
- Cheer on those around you, stay observant, but don’t give unsolicited advice.
- Remember to brush your holds and keep your hands chalked up!

Circuit Endurance

- Circuit Endurance is a capacity building exercise designed around repetitions of boulders you have already completed in lower grade circuit-level.
- Climbers aim to complete boulders in a set amount of time, adjusting either of the following criteria to make the exercise more challenging

Harder Boulders: by selecting harder boulders in higher circuit-level you can increase the intensity of your endurance training

- This will increase your bodies ability to recover from attempts on challenging moves, allowing you to give more high-quality attempts during projecting

More Boulders: by increasing the amount of boulders you climb you will focus on general conditioning, generalized as your body’s ability to climb for longer sessions

If you are a more experienced climber you might want to increase the time allotted for this exercise, this is especially helpful if you come from a background in ropes climbing and wish to focus on conditioning

STEP INTO STRENGTH

How Does Circuit Endurance Work?

- Circuit Endurance last 30 minutes, always at the end of a climbing day
- A baseline for this exercise would begin by selecting 12 boulders you have already completed, all of which are 1-2 circuit-level below your limit
- In its simplest form you choose your 12 boulders, set a timer, and you have 30 minutes to complete each of those boulders once
 - It's recommended that you start here and, over a few weeks, "dial-in" the sort of difficulty you're looking for
 - The goal is not to always finish the exercise with no falls, nor is it to fall on all but the first 2-3 boulders
 - Aim to find a difficulty where the first few boulders are easy but the last few are at your limit, even though if you were totally fresh these boulders would be straightforward
 - If your goal is projecting boulders, you might want to focus on making those 12 boulders as hard as you can, or maybe even switching to 10 boulders that are even harder
 - If your goal is to improve your general endurance you might want to keep the boulders at the same difficulty, but increase the number of boulders you're trying to get through in that 30 minute time limit



KEEP YOUR MOMENTUM

What A Training Week Might Look Like...

If You've Been Climbing For A Few Months

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Technique Session	Rest Day	Open Session	Rest Day	Endurance Session	Rest Day	Open Session

If You're Brand New to Climbing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Technique Session	Rest Day	Open Session	Rest Day	Technique Session	Rest Day	Rest Day





CLIMB

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