Training block - 8/12 to 9/12

Route: Asian Orange 13c. 4 bolt v9 into 5.11 climbing into a 5.12/+ finish

Goals:
- Increased scapular retraction strength in high arm positions
- Small edge and pocket comfort
- Increased endurance
- Increase physical endurance, I really need better baseline fitness. Also want to run in a slight deficit
- Spend time whipping on off days - never try above 20% physically if going roped climbing indoor.

Block 1 (4 weeks)

Base strength, increase baseline endurance via capillarization. Keep in mind workout A should introduce no fatigue. It's an ARCing session essentially.

M	Tu	W	Th	F	Sa	Su
20m Run Workout A	Workout B	20m Run Workout A	Workout B	20m run	Outdoor or Kilter	Outdoor (optional)

Workout A

Endurance Focus - Capillarization
- [Mobility](#)
- https://www.youtube.com/watch?v=L0GyFjg5MHQ
- 40m of really easy continuous climbing - aerobic

Workout B

- [Mobility](#)
- Warmup (10-15m)
- Fingers
    - 6-8 sets of 40 secs of min edge pulling on wall using large open feet, 2-3m rest. Small edges and wide moves
- Strength
    - 3x 4-6 TRX T + 4-6 Wide Pull ups + 12 seconds 10mm edge
    - 3x 4-6 TRX Y + 4-6 Pushup plus + 12 seconds front two pocket
    - 3x 4-6 TRX OA inverted row + 4-6 Bicep Curls + 12 seconds middle two pocket
- Kilter/Moonboard - 1 to 2 try boulder - 45m so like 10 boulders. AVOID TWEAKY HOLDS

- Anaerobic resistance - 5 sets of 25 moves on, 4 seconds per move, 8m rest (1x a week)

Deload (1 week) - Halve sets of finger workout, drop strength section of B

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	**2**	**3**
4	**5**	**6**	**7**	**8** Return to NYC	**9**	**10** Indoor roped or Outdoor
11 Kilter or outdoor	**12** A1	**13** B1	**14** A1	**15** B1	**16**	**17** Indoor roped or kilter
18	**19** A1	**20** B1	**21** A1	**22** B1	**23**	**24** Indoor roped or kilter
25	**26** A1	**27** B1	**28** A1	**29** B1	**30**	**31**

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 A1	3 B1	4 A1	5 A1	6	7
8	9 A1	10 B1 Deload	11 A1	12 B1 Deload	13	14 Fly to lander
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					