

Example Training Day

AM Session	Hangboard Session	or...	AM Session	Campus Session
	Work/rest (8 hours)			Work/rest (8 hours)
PM Session	Warmup bouldering to limit grade Moonboard 10 hardest Core workout		PM Session	Warmup bouldering to limit grade Moonboard 10 hardest Core workout

Example Training Week

Easy Week

MON	TUE	WED	THU	FRI	SAT	SUN
Rest	Rest	Training Day	Rest	Rest	Outdoor project	Outdoor fun

Hard Week

MON	TUE	WED	THU	FRI	SAT	SUN
Rest	Training Day	Rest	Training Day	Rest	Outdoor project	Outdoor fun

Six-Week Training Block

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Easy	Easy	Hard	Easy	Easy	Hard

or...

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Easy	Hard	Easy	Easy	Hard	Easy

or...

Eight-Week Training Block

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Easy	Easy	Hard	Hard	Easy	Easy	Hard	Hard