Example Train	ing Dav						
AM Session	Hangboard Session		or	AM Session	Campus Session		
	Work/rest (8 hours)				Work/rest (8 hours)		
PM Session	Warmup bouldering to limit grade			PM Session	Warmup bouldering to limit grade		
	Moonboard 10 hardest				Moonboard 10 hardest		
	Core workout				Core workout		
Example Train	ing 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 Train	ning 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	Maak 5	Week 6		
				Week 5			
Easy	Hard	Easy	Easy	Hard	Easy		
or							
or							
Eight-Week Tr	aining Block						
Eight-Week II	anning 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
	2009				2009	. lard	
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