Steven Dimmitt

Max boulder in a day: V8

Current pyramid: V7x2, V8x1

Assume max project grade is V10

Goal grade is V12

Objective: Build up the pyramid to be ‘leveled up’ to V12.

The main objective of this training program is to build your boulder problem pyramid. This is the structure of your climbing trip in Hueco. Everyday you go climbing you should try to tick off at least one problem on the pyramid. I know it sounds weird but, when thinking about what you’re going to get on that day look at the grade first then find problems to match the grade.

Current pyramid (Assuming V10 max): This is the pyramid you need to focus on right now.

V10 x 1

V9 x 2

V8 x 4 (You’ve done 1 already so 3 to go)

V7 x 8 (You’ve done 2 already so 6 to go)

V6 x 16

The important grades are V7, 8, 9. When you’ve done a V10 then the pyramid goes to 2 V10s and 4 V9s and 8 V10s. Once you’ve done 2 V10s the pyramid puts V11 at the top.

The V11 pyramid is the following (Note: this is all cumulative, it keeps adding up until you take a big break from climbing)

V11 x 1

V10 x 2 (the idea is that V11 is now the project, you’ve done 2 V10s and V7-V9 are secondary warm-ups)

V9 x 4

V8 x 8

V7 x 16

Over time the pyramid builds up to that V12 pyramid where you’re mostly filling in the V8s and V9s and focusing on V12 as the project. This is ‘leveling up’ to V12 and the pyramid you’re shooting for. Think about this as the long term goal.

V12 pyramid

V12 x 1

V11 X 2

V10 X 4

V9 x 8

V8 x 16

Warmup:

Stage 1: 4 – V0-V1, 2-V2, 2 – V3, 2-V4. If there are good V5s then do one of these. Try not to get sucked in. V5 is a grade that can go quickly or can be a skin and strength wrecker.

Stage 2; Start out with a single V6 or V7. This might go up to V8 but for starters keep it at V6-V7. Couple of tries on these.

The stage 1 warmup can be repeats but try to do new problems when you can.

Let’s set up the first month and then revisit.

For anything V8 and down, if you don’t do it in a few tries then stop trying it and move it over to the next day for that grade problem. For example, if you try a V6 on Monday and after a few tries don’t do it then leave it and save it for Wednesday or Friday. The “Warmup” is the Stage 1 warmup. Go up to V4 or V5. The grades listed are the problems you’re going to try and do that day.

Month 1:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
| Week 1  Get used to Hueco | Warmup to a V5  Babyface  Daily Dick Dose | rest | Warmup  V5 x 1  V6 x 1  V5 x 1 | rest | Warmup to a V5  If you didn’t do Babyface or Daily Dick Dose then do those.  Checkout Free Willy | rest | rest |
| Week 2 | Warmup:  V6 or V7 x 1  V10 x 1  V8 x 1 |  | Warmup  V5 x 1  V6 x 1  V7 x 1  V6 x 1  V5 x 1 |  | Warmup:  V6 or V7 x 1  V9 x 1  V8 x 1 |  |  |
| Week 3 | Warmup:  V6 or V7 x 1  V10 x 1  V8 x 1 |  | Warmup  V5 x 1  V6 x 1  V7 x 1  V6 x 1  V5 x 1 |  | Warmup:  V6 or V7 x 1  V9 x 1  V8 x 1 |  |  |
| Week 4  Easy week  Touch base and revisit program | Do the standard warmup and then climb some V5s and maybe a V6.. |  | Do the standard warmup and then climb some V5s and maybe a V6. |  | Do the standard warmup and then climb some V5s and maybe a V6.. |  |  |
| Week 5  Adjusted program based on previous few weeks. |  |  |  |  |  |  |  |

Post climbing workouts: Do at the end of any climbing day. Interchange these as you see fit. They all pretty much work the same stuff.

Workout A:

Turkish Get Ups; 1 each side on the minute for 10 minutes

Scapula pull-ups/ hold (see video); 2 reps each side on the minute for 5 minutes

Forearm roll-ups: 5 sets of going to pretty good pump.

Workout B:

Incline Push-ups: Max reps on the minute for 10 minutes. Try to keep the number of reps each minute the same. So keep the reps low at first.

Scapula pull-ups/ hold (see video); 2 reps each side on the minute for 5 minutes

Forearm therabar: 5 sets of 10 reps each side. Do the ones that the Therabar video has.

Workout C:

Kettlebell push-press ladder; Do the Pavel thing: 1 each side, then 2 each side, then 3 each side, then 4 each side, then 5 each side, then go back down to 1. You don’t have to get to 5. I’m not sure what weight kettlebells you have. If you can get to 5 then get a heavier bell or go up to 6 reps.

Scapula pull-ups/ hold (see video); 2 reps each side on the minute for 5 minutes

Forearm roll-ups: 5 sets of going to pretty good pump.

Hangboard workouts for bad weather climbing days (if you can’t go climbing because of weather):

Hangboard 1: Monday/Friday (hard day): 1 arm hangs for 5 seconds. Work up to 5 sets of max weight from an edge. Seems like that Tension big edge you have should be the starting point. Work up (by taking weight off) to whatever you can hang from that edge for 5 seconds and do 5 sets of that. That should get to bodyweight after a bit. Stick with that big edge until you can hang about +10 from it then go down to a smaller edge. When you go down to the smaller edge be sure you can do that at bodyweight. If you can’t hang the smaller edge at bodyweight then go back to the big Tension rung and keep adding weight until you can hang the smaller edge at bodyweight.

Pull-ups: Weighted pull-ups 5 sets of 5 reps. You want these to be an RPE 8 (rate of perceived exertion) which means you want to use a weight so that you could do about 6 or 7 reps but you only do 5 reps.

Hangboard 2: Wednesday (Volume Day): 2 arm hangs for 7-3 repeaters x 6 reps. So, 7 seconds on – 3 seconds off for 6 reps. Do 5 sets and rest about 3 minutes between each set.

Pull-ups: Fighter pull-ups. <https://www.strongfirst.com/the-fighter-pullup-program-revisited/> . Don’t do it everyday. Just follow the way they structure the reps.