

**MTGC: Conjugate Periodized Training** (7 weeks climb, 1 week rest) *Be Mindful. Quantify progress.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

<b>P1: Limit Bouldering</b>				<b>P2: Campus Session</b>		

<b>C</b>	<b>PE1: RP</b>	<b>PE2: 4x4</b>	<b>E</b>	<b>AE</b>

<b>HB</b>	<b>Systems Board</b>

<b>Week and Emphasis (8 week cycle)</b>	1	2	3	4	5	6	7	8
<b>Workout Type</b>								

<b>HB Session (note weight or crimp size)</b>	1a	2a	3a	4a	5a	6a	7a	8a
<b>(a=day 3, b=day 5)</b>	1b	2b	3b	4b	5b	6b	7b	8b

<b>FMT Sessions (16 weeks)</b>	1	2	3	4	5	6	7	8
	9	10	11	12	13	14	15	16

Week	Session	Notes
1		
1		
1		
1		
2		
2		
2		
2		
3		
3		
3		
3		
4		
4		
4		
4		

<b>Climbing Goals</b>

