

**MTGC: Conjugate Periodized Training**

(7 weeks climbing, 1 week rest)

*Be Mindful. Quantify progress.*

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Start Date: \_\_\_\_\_  
 P (2:20) AE (1:00) C (2:25) AE (1:00) PE (2:25) E (5:00) AE (1:00)

<b>P1: Limit Bouldering (105min)</b>		<b>P2: Campus Session (95min)</b>	
5 min	mobility	5 min	mobility
10 min	arc	10 min	arc
20 min	2 problems per grade up to flash. Increase rest with difficulty	20 min	2 problems per grade up to flash. Increase rest with difficulty
40 min	limit bouldering	30 min	campus routine (bumps, ladder, touches, switches, maxs)
30 min	technique oriented systems board	30 min	3 hard problems, 3 tries each, 3 minutes rest between
<i>limit bouldering: 3 problems with powerful, dynamic moves beyond limit 3 attempts per problem with extremely high intensity 4 min rest between attempts</i>		<i>campusing: 2-3 min rest between reps, aim for smoothness arms bent, forearms supinated, chest forward, shoulders &amp; scapula engaged</i>	

<b>C (100 min)</b>	<b>PE1: RP (110 min)</b>	<b>PE2: 4x4s (110 min)</b>	<b>E (245 min)</b>	<b>AE (60 min)</b>
5 min mobility	5 min mobility	5 min mobility	5 min mobility	45 min yoga or hiking with weight
10 min arc	10 min arc	15 min arc	120 min face (3 x 30min arc)	15 min stretching
70 min off/sq/lb	35 min ladder	15 min ladder	120 min crack (hd, fs, fl, pod)	
13 min HB	45 min RP	65 min 4x4s		
	13 min HB	13 min HB		

<b>HB (13 min)</b>	<b>Systems Board (30 min)</b>
5 10 sec reps on large half crimp + max weight, 3 min rest between	pull-into-position lock + hover ladders
5 10 sec reps on smallest edge, 3 min rest between	cross body locks lockdowns, 1-up, 2- up

<b>Week and Emphasis (8 week cycle)</b>	1 P	2 P	3 P	4 E	5 PE	6 PE	7 PE	8 R
<b>Workout Type</b>	(P&PE1)	(P&PE1)	(P&PE1)	(No PE)	(P&PE2)	(P&PE2)	(P&PE2)	(Only FSM)
<b>HB Session (note weight or crimp size)</b>	1a W	2a W	3a W	4a R	5a C	6a C	7a C	8a R
(a=day 3, b=day 5)	1b W	2b W	3b W	4b R	5b C	6b C	7b C	8b R
<b>FSM Sessions (16 week cycle)</b>	1 R	2 SE	3 SE	4 SE	5 R	6 HIIT	7 HIIT	8 HIIT
	9 R	10 SE	11 SE	12 SE	13 HIIT	14 HIIT	15 HIIT	16 R

Week	Session	Notes
1	P	
1	C	
1	PE	
1	E	
2	P	
2	C	
2	PE	
2	E	
3	P	
3	C	
3	PE	
3	E	
4	P	
4	C	
4	PE	
4	E	

<b>Climbing Goals</b>	Rostrum Free	Astroman Free	The Nose	RRHD	Freerider	Fearlessness	Note: Practice vertical routes
1. 5.9 lieback	4. 5.7 chimney	7. 5.9 lieback	10. 10a stem	13. 11c fingers	16. 10c face	19. 10a hands	22. 10a ow
2. 5.9 hands	5. 11a thin hnds	8. 10b lb/stem	11. 10a stem	14. 5.9 hands	17. 10c fingers	20. 10a th hnds	23. 10c st hnds
3. 5.10 thn hnds	6. 11a thin hnds	9. 10b hands	12. 11c fingers	15. 5.10 ow	18. 10d lieback	21. 10a ow	24. 10a lieback
							25. 5.9 ow
							26. 5.9 ow
							27. 5.9 ow

<b>Functional Strength and Mobility (20 min)</b>				
P Day	Week 1	Week 2	Week 3	Week 4
DB Goblet Squats				
Single Straight Leg Deadlift				
Lateral Squat				
Windshield Wipers				
Standing Chop + Lift				
Stability Ball Leg Curl				
Reverse Bosu Push Ups				
Ankle Balance				
Wrist Pronation, Extension				
Finger Extensions				
<b>CR Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Turkish Get Up				
Pull up, Chin up, Typewriter				
DB Snatch				
DB Overhead Press				
DB Curl				
Pallof Press				
Sports Flex Ts + Y-Ws				
Glute Swings				
Dips				
Lats				
<b>PE Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
DB Single Leg Squat				
Single Striaight Leg Deadlift				
Lunge				
Standing Chop + Lift				
Farmers Walk				
Weighted Push Ups				
Gymnast L Sit				
Ankle Balance				
Wrist Pronation, Extension				
Finger Extension				
<b>E Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Hanging Horizontal Plank				
DB Overhead Press				
KB Swings (2arm & 1 arm)				
Halos				
Pallof Press				
Stability Ball Leg Curl				
Ab Wheel Roll Outs				
Glute Swings				
Dips				
Lats				
<b>Stretch (15 min)</b>		<b>Mobility (5 min)</b>	<b>HIIT</b>	
Good Mornings	Wide Angle Bend	T- Spine roll + T-S Cross	Glute Swings: up/down, front, back, f/b, cw, cc, bicycle	
Standing IT Bands	Pidgeon	Wall Angles or Down Dogs	HIIT 1: 10 DB Snatches, DB Rows, 1-Leg Deadlifts, Pushups, Windwipers, 1 min Run, 1 min Rest, 3 Sets	
Standing Quadriceps	Down/Up Dog	Ankle Flexes	HIIT 2: 20 Mountain Climbers, 10 Pull Ups, 10 Burpees, 1 min Run, 1 min Rest, 3 Sets	
Forward Split	Wall Angles	Split Squats	HIIT 3: 10 Jump Squats, Step Ups, Renegade Rows	
Box Kneeling Hip Flexors	Neck	Lat Squats	Push Ups, DB Jerks, 1 min Run, 1 min Rest, 3 Sets	
Kneeling Hamstring	Fingers	SL DL Body Weight		
Butterfly	Foam Roll	Shldr Rots + Finger Flicks		
<b>Fitness Goals</b>				
Strength/Flexibility: 70 lb KB swings, 40 lbs DB overhead press, 70 lb 1-leg deadlift, forward and side splits, low hip mobility				
Fitness: Gain 4000 feet of elevation in under 4 hours with a 40lbs pack and no fatigue at end or next day				
Fitness: Gain 2000 feet in an hour with no pack and no fatigue at end or next day				
Balance/Mobility: Fluid, comfortable motion through difficult, unstable alpine terrain				