

Climbing

6 Weeks to **STRONGER FINGERS**

Track A: Week 1

SUNDAY

Rest Day

TUESDAY

Rest Day

THURSDAY

Rest Day

MONDAY

Hangboard Day

Make sure to take note of exactly which edge you use, how each exercise feels, and whether you succeed or failed, etc.

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 2 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 3 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.5-2 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 2 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 3 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.

Total Duration: About 90 minutes

WEDNESDAY

Indoor Climbing Day

1. Warm Up

Pick a route or a boulder problem at your project level and give TRY HARD effort. Take roughly 3-8 minutes of rest between tries for a boulder problem and 20-30 minutes of rest for a route, spending about 60 minutes maximum for a bouldering session and 60-90 minutes if route climbing. If you send, nice work! Time to find another one...

Total Duration: This indoor climbing day should take around 2-2.5 hours total.

FRIDAY

Hangboard Day

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 2 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 3 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.5-2 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 2 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.
- Set 3 - 10 seconds hanging, 10 seconds resting with feet on the ground. Repeat 4 times in succession - 80 seconds in total.

Total Duration: About 90 minutes

SATURDAY

Climbing Day

Climbing

6 Weeks to **STRONGER FINGERS**

Track A: Week 2

SUNDAY

Rest Day

TUESDAY

Rest Day

THURSDAY

Rest Day

MONDAY

Hangboard Day

Check back to your week 1 results from hangboarding. If the week 1 hangboarding exercises felt quite hard, consider using a larger edge size. Each week will get increasingly challenging, so if it felt easy then no worries there—there's plenty of challenge to come! In week 2, you will have a shortened hanging time, as well as a reduced resting period between hangs—from 10 seconds to 5 seconds. You will also be doing 6 reps in place of 4.

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- Set 1 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 2 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 3 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.5-2 'pads'), 3 minutes of rest between sets

- Set 1 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 2 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 3 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.

Total Duration: About 90 minutes

WEDNESDAY

Indoor Climbing Day

1. Warm Up

Pick a route or a boulder problem at your project level and give TRY HARD effort. Take roughly 3–8 minutes of rest between tries for a boulder problem and 20–30 minutes of rest for a route, spending about 60 minutes maximum for a bouldering session and 60–90 minutes if route climbing. If you send, nice work! Time to find another one. If you don't, don't get discouraged.

Total Duration: This indoor climbing day should take around 2–2.5 hours total.

FRIDAY

Hangboard Day

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 2 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 3 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.5-2 'pads'), 3 minutes of rest between sets

- 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 2 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.
- Set 3 - 5 seconds hanging, 5 seconds resting with feet on the ground. Repeat 6 times in succession - 60 seconds in total.

Total Duration: About 90 minutes

SATURDAY

Climbing Day

Climbing

6 Weeks to
**STRONGER
FINGERS**

Track A: Week 3

SUNDAY

Rest Day

TUESDAY

Rest Day

THURSDAY

Rest Day

MONDAY

Hangboard Day

In week three, you will have a 10-second hanging period and a 5-second resting period. You will also go back to 4 reps in place of 6.

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.2-2 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.

Total Duration: About 90 minutes

WEDNESDAY

Hangboard Day

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.2-2 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 60 seconds in total.

Total Duration: About 90 minutes

FRIDAY

Rest Day

SATURDAY

Hangboard Day

During this session, you will have 5 reps in each set instead of 4. Plus, these hangs will likely be very hard. Do not get discouraged if you fail on the third set—always keep true to good hanging form and do your very best!

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.2-2 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.

Total Duration: About 90 minutes

Climbing

6 Weeks to

**STRONGER
FINGERS**

Track A: Week 4

SUNDAY

Climbing Day

MONDAY

Rest Day

TUESDAY

Power Day

1. Warm Up

2. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 1 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)
- Set 2 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)

3. Use medium-sized campus rungs (or large, but only if medium seems way too difficult)

Rest 2 minutes between each set

- Set 3 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 4 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 5 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 6 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.

4. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 7 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, and then back to rung 2, and back to rung 1. (This can feel nearly impossible at first, but as your body learns the movement it can quickly become much more feasible. Just try your best and make sure to have a crashpad below you!)
- Set 8 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, and then back to rung 2, and back to rung 1.
- Set 9 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, and then back to rung 2, and back to rung 1.
- 18.5 min total

Total Duration: About 90 minutes

Climbing

6 Weeks to **STRONGER FINGERS**

Track A: Week 4 CONTINUED

WEDNESDAY

Rest Day

THURSDAY

Hangboard Day

For this session, your first set will have 4 reps, and your second and third sets will have 5 reps.

1. Warm Up

2. Closed-Hand Crimp

20mm edge (or around 1.5 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 75 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.

3. Open-Hand Hang

20mm edge (or around 1.2-2 'pads'), 3 minutes of rest between sets

- Set 1 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 4 times in succession - 75 seconds in total.
- Set 2 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.
- Set 3 - 10 seconds hanging, 5 seconds resting with feet on the ground. Repeat 5 times in succession - 75 seconds in total.

Total Duration: About 90 minutes

FRIDAY

Rest Day

SATURDAY

Power Day

1. Warm Up

2. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 1 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)
- Set 2 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)

3. Use medium-sized campus rungs (or large, but only if medium seems way too difficult)

Rest 2 minutes between each set

- Set 3 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 4 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 5 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.

4. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 7 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, and then back to rung 2, and back to rung 1. (This can feel nearly impossible at first, but as your body learns the movement it can quickly become much more feasible. Just try your best and make sure to have a crashpad below you!)
- Set 8 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, and then back to rung 2, and back to rung 1.
- Set 9 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, and then back to rung 2, and back to rung 1.

Total Duration: About 90 minutes

Climbing

6 Weeks to

**STRONGER
FINGERS**

Track A: Week 5

SUNDAY

Climbing Day

MONDAY

Rest Day

TUESDAY

Power Day

1. Warm Up

2. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 1 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)
- Set 2 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)

3. Use medium-sized campus rungs (or large, but only if medium seems way too difficult)

Rest 2 minutes between each set

- Set 3 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 4 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 5 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 6 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.

4. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 7 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, **and then to rung 4 if possible and so on**, and then back to rung 3, 2, and back to rung 1. (This can feel nearly impossible at first, but as your body learns the movement it can quickly become much more feasible. Just try your best and make sure to have a crashpad below you!)
- Set 8 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, **and then to rung 4 if possible and so on**, and then back to rung 3, 2, and back to rung 1.
- Set 9 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, **and then to rung 4 if possible and so on**, and then back to rung 3, 2, and back to rung 1.

Total Duration: About 90 minutes

Climbing

6 Weeks to **STRONGER FINGERS**

Track A: Week 5 CONTINUED

WEDNESDAY

Rest Day

THURSDAY

Indoor Climbing Day

1. Warm Up

Pick a route or a boulder problem at your project level and give TRY HARD effort. Take roughly 3–8 minutes of rest between tries for a boulder problem and 20–30 minutes of rest for a route, spending about 60 minutes maximum for a bouldering session and 60–90 minutes if route climbing. If you send, nice work! Time to find another one. If you don't, don't get discouraged.

Total Duration: *This indoor climbing day should take around 2–2.5 hours total.*

FRIDAY

Rest Day

SATURDAY

Power Day

1. Warm Up

2. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 1 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)
- Set 2 - Feet ON, match rung 1 and move Right to 2, Left to 3, Right to 4, Match and reverse (two times in a row, leading with the left hand on your second time up)

3. Use medium-sized campus rungs (or large, but only if medium seems way too difficult)

Rest 2 minutes between each set

- Set 3 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 4 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 5 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.
- Set 6 - Feet ON, match rung 1 and move up to rung 2 with right hand, rung 3 with right hand, until you reach the highest rung you possibly can and then come back down to match rung 1. Repeat with left hand.

4. Use the largest campus rungs available

Rest 2 minutes between each set

- Set 7 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, **and then to rung 4 if possible and so on**, and then back to rung 3, 2, and back to rung 1. (This can feel nearly impossible at first, but as your body learns the movement it can quickly become much more feasible. Just try your best and make sure to have a crashpad below you!)
- Set 8 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, **and then to rung 4 if possible and so on**, and then back to rung 3, 2, and back to rung 1.
- Set 9 - Feet ON, match rung 1 and attempt to move both hands at the same time to rung 2, and then to rung 3, **and then to rung 4 if possible and so on**, and then back to rung 3, 2, and back to rung 1.

Total Duration: *About 90 minutes*

Climbing

6 Weeks to
**STRONGER
FINGERS**

Track A: Week 6

SUNDAY

Indoor Climbing Day

1. Warm Up

Pick a route or a boulder problem at your project level and give TRY HARD effort. Take roughly 3–8 minutes of rest between tries for a boulder problem and 20–30 minutes of rest for a route, spending about 60 minutes maximum for a bouldering session and 60–90 minutes if route climbing. If you send, nice work! Time to find another one. If you don't, don't get discouraged.

***Total Duration:** This indoor climbing day should take around 2–2.5 hours total.*

TUESDAY

Indoor Climbing Day

1. Warm Up

Pick a route or a boulder problem at your project level and give TRY HARD effort. Take roughly 3–8 minutes of rest between tries for a boulder problem and 20–30 minutes of rest for a route, spending about 60 minutes maximum for a bouldering session and 60–90 minutes if route climbing. If you send, nice work! Time to find another one. If you don't, don't get discouraged.

***Total Duration:** This indoor climbing day should take around 2–2.5 hours total.*

THURSDAY

Rest Day

FRIDAY

Rest Day

SATURDAY

Climbing Day

MONDAY

Rest Day

WEDNESDAY

Indoor Climbing Day

1. Warm Up

Pick a route or a boulder problem at your project level and give TRY HARD effort. Take roughly 3–8 minutes of rest between tries for a boulder problem and 20–30 minutes of rest for a route, spending about 60 minutes maximum for a bouldering session and 60–90 minutes if route climbing. If you send, nice work! Time to find another one. If you don't, don't get discouraged.

***Total Duration:** This indoor climbing day should take around 2–2.5 hours total.*