

Climbing

6 Weeks to **STRONGER FINGERS**

Track B: Week 1

SUNDAY

Rest Day

TUESDAY

Rest Day

THURSDAY

Rest Day

MONDAY

Hangboard Day

Make sure to take notes of the weight you use, the way each exercise felt, and whether you succeeded or failed, etc.

1. Warm Up

2. Closed-Hand Crimp

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight only
- Set 3 - Body weight + (roughly 3–5 percent of body weight, i.e., a 150-lb climber would add 4–7 lbs)
- Set 4 - Body weight + (roughly 3–5 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight only
- Set 3 - Body weight + (roughly 3–5 percent of body weight)
- Set 4 - Body weight + (roughly 3–5 percent of body weight)

Total Duration: If you properly time everything, this entire workout including warm-up should take you about 90 minutes total.

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

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight only
- Set 3 - Body weight + (roughly 3–5 percent of body weight, i.e., a 150-lb climber would add 4–7 lbs)
- Set 4 - Body weight + (roughly 3–5 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight only
- Set 3 - Body weight + (roughly 3–5 percent of body weight)
- Set 4 - Body weight + (roughly 3–5 percent of body weight)

Total Duration: If you properly time everything, this entire workout including warm-up should take you about 90 minutes total.

SATURDAY

Climbing Day

Climbing

6 Weeks to STRONGER FINGERS

Track B: Week 2

SUNDAY

Rest Day

TUESDAY

Rest Day

THURSDAY

Rest Day

MONDAY

Hangboard Day

Check back to your Week 1 results from hangboarding. We are aiming to make the exercises very difficult but also doable. Ideally you can finish, but barely. If you need to change your edge size (to be smaller or larger) please do so. Since I cannot be there to help you fine-tune, you'll need to be honest with yourself—*Is this hard enough?*

1. Warm Up

2. Closed-Hand Crimp

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight + (roughly 3–5 percent of body weight)
- Set 3 - Body weight + (roughly 3–5 percent of body weight)
- Set 4 - Body weight + (roughly 6–10 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight + (roughly 3–5 percent of body weight)
- Set 3 - Body weight + (roughly 3–5 percent of body weight)
- Set 4 - Body weight + (roughly 6–10 percent of body weight)

Total Duration: *If you properly time everything, this entire workout including warm-up should take you about 90 minutes total.*

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

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight + (roughly 3–5 percent of body weight)
- Set 3 - Body weight + (roughly 3–5 percent of body weight)
- Set 4 - Body weight + (roughly 6–10 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight only
- Set 2 - Body weight + (roughly 3–5 percent of body weight)
- Set 3 - Body weight + (roughly 3–5 percent of body weight)
- Set 4 - Body weight + (roughly 6–10 percent of body weight)

Total Duration: *If you properly time everything, this entire workout including warm-up should take you about 90 minutes total.*

SATURDAY

Climbing Day

Climbing

6 Weeks to **STRONGER FINGERS**

Track B: Week 3

SUNDAY

Rest Day

TUESDAY

Rest Day

THURSDAY

Rest Day

MONDAY

Hangboard Day

In week three, you will continue to have a 5-second hanging period and a 5-second resting period. But you'll add more weight.

1. Warm Up

2. Closed-Hand Crimp

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 3–5 percent of body weight)
- Set 2 - Body weight + (roughly 6–10 percent of body weight)
- Set 3 - Body weight + (roughly 6–10 percent of body weight)
- Set 4 - Body weight + (roughly 10–15 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 3–5 percent of body weight)
- Set 2 - Body weight + (roughly 6–10 percent of body weight)
- Set 3 - Body weight + (roughly 6–10 percent of body weight)
- Set 4 - Body weight + (roughly 10–15 percent of body weight)

Total Duration: If you properly time everything, this entire workout including warm-up should take you about 90 minutes total.

WEDNESDAY

Hangboard Day

1. Warm Up

2. Closed-Hand Crimp

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 3–5 percent of body weight)
- Set 2 - Body weight + (roughly 6–10 percent of body weight)
- Set 3 - Body weight + (roughly 6–10 percent of body weight)
- Set 4 - Body weight + (roughly 10–15 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 3–5 percent of body weight)
- Set 2 - Body weight + (roughly 6–10 percent of body weight)
- Set 3 - Body weight + (roughly 6–10 percent of body weight)
- Set 4 - Body weight + (roughly 10–15 percent of body weight)

Total Duration: If you properly time everything, this entire workout including warm-up should take you about 90 minutes total.

FRIDAY

Rest Day

SATURDAY

Hangboard Day

For this session, there will only be THREE sets as described below. 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

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 6–10 percent of body weight)
- Set 2 - Body weight + (roughly 10–15 percent of body weight)
- Set 3 - Body weight + (roughly 15–20 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 6–10 percent of body weight)
- Set 2 - Body weight + (roughly 10–15 percent of body weight)
- Set 3 - Body weight + (roughly 15–20 percent of body weight)

Total Duration: If you properly time everything, this entire workout including warm-up should take you about 90 minutes total.

Climbing

6 Weeks to

**STRONGER
FINGERS**

Track B: 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 more feasible. Just try your best and make sure to have a crashpad behind 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 B: Week 4 CONTINUED

WEDNESDAY

Rest Day

THURSDAY

Hangboard Day

For this session, there will only be THREE sets as described below.

1. Warm Up

2. Closed-Hand Crimp

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 6–10 percent of body weight)
- Set 2 - Body weight + (roughly 10–15 percent of body weight)
- Set 3 - Body weight + (roughly 15–20 percent of body weight)

3. Open-Hand Hang

18mm edge; 5 seconds hanging followed by 5 seconds resting = 1 rep; 6 reps = 1 set; 3 minutes of resting between sets

- Set 1 - Body weight + (roughly 6–10 percent of body weight)
- Set 2 - Body weight + (roughly 10–15 percent of body weight)
- Set 3 - Body weight + (roughly 15–20 percent of body weight)

Total Duration: If you properly time everything, this entire workout including warm-up should take you about 90 minutes 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 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 more feasible. Just try your best and make sure to have a crashpad behind 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 B: 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 B: 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 more feasible. Just try your best and make sure to have a crashpad behind 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 B: 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.*