



## ANGY'S TRAINING PLAN

# 1ST TRAINING CYCLE

*Training Cycle 1: Gain general power and basic endurance*

<b>Bouldering</b> (1x per week)	<ul style="list-style-type: none"><li>• Clim 3 hard boulder problems with 3-6 moves. 3 rounds with 3 min rest in between</li><li>• After climb 3 boulder problems with 6 moves. 3 rounds with 1 min rest in between</li></ul>
<b>Overall Strength</b> (1x per week)	<ul style="list-style-type: none"><li>• 4 exercises of strength training (e.g. pull-ups, push-ups, abs, core) 3 rounds with 2 min rest in between</li><li>• 4 exercises on the Campusboard. 3 rounds with 2min rest in between</li><li>• Be aware of a correct movement</li></ul>
<b>Route climbing</b> (2x per week)	<ul style="list-style-type: none"><li>• Climb 8 routes of the same difficulty. Rest about 10 min between the routes. You should be able to climb each route to the top without a fall, but a low fatigue on the top</li></ul>