

FITclimbing Planner

PRO Only available in Pro Membership

1 Choose your training goal

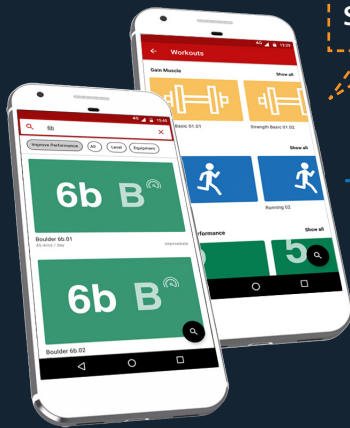
Choose what you want to train and choose your workout(s).



Go to '+ button' and 'Plan Workout'.

2 Choose your Workout and Level

Determine your starting level following guidelines below and start with no.1 in your level.



Search your Strength Workout

Search your Running Workout

Search Lead or Boulder Workout



Each level has 30 chained workouts. Do every workout twice and chain up to the next one.

Ad workouts and other activities to make your own personal 'Plan'.

Plan your training with guidelines below and divide your workouts and rest days evenly over the week.

3 Chain and plan your training

| # | Workouts | To train |
|-----|-----------------------|--|
| 270 | HIIT Lead | Endurance for lead climbing |
| 240 | HIIT Boulder | Endurance & Power endurance for bouldering (and lead climbing) |
| 180 | HIIT Boulder Power | Power & Power endurance for bouldering |
| 90 | Strength Basics | Power endurance & strength to get stronger |
| 90 | Strength Progressions | Power endurance & strength to get stronger |

Your **HIIT Start Level** is the level you climb at most of the time **in your first or second go**.

| | | | | | | | | |
|--|----|----|--------|--------|--------|--------|--------|--------|
| 5a | 5b | 5c | 6a | 6b | 6c | 7a | 7b | 7c |
| 5 | 5+ | 6a | 6b | 6c | 7a | 7b | 7c | |
| Build a solid base with Boulder Workouts first before start training with Boulder Power. | | | 6a PRO | 6b PRO | 6c PRO | 7a PRO | 7b PRO | 7c PRO |

Improve Performance

Your Lead/Boulder level is the indication for your **Strength Start level**.

| | | |
|---|---------|-------------|
| LEVEL 1 | LEVEL 2 | LEVEL 3 PRO |
| Complete Strength Basics first before you start with Strength Progressions. | | LEVEL 1 PRO |

Gain Muscle

| | | |
|----|---------|--|
| 26 | Running | Additional to your training routine to train endurance (oxygen supply) |
|----|---------|--|

HIIT Running Workouts

Without running experience start with Workout 01.
More than a year running experience you start with workout no. 11.

Get Fit

| Workout time | Min. per week = maintenance | Max x per week = optimal | Minimum rest before training | Rest between similar training |
|--------------|-----------------------------|--------------------------|------------------------------|-------------------------------|
| 40 - 60 min. | 1 x | 2 x | 12 h | 24 h |
| 40 - 60 min. | 1 x | 2 x | 24 h | 48 h |
| 40 - 60 min. | 1 x | 2 x | 24 h | 48 h |
| 25 - 60 min. | 1 x | 3 x | 24 h | 48 h |
| 50 - 75 min. | 1 x | 3 x | 24 h | 48 h |

| | | | | |
|---------------|-----|-----|------|------|
| 40 - 100 min. | 1 x | 2 x | 12 h | 24 h |
|---------------|-----|-----|------|------|