FIT climbing

Chained Training Plans

Single Training Plans for 2 x per week



HIIT Lead *High intensity climbing training to get fit and improve endurance for lead climbing*

HIIT Boulder *High intensity bouldering training to get fit and improve endurance & power Endurance for bouldering (and lead climbing)*

Strength *Strength training program to train functional strength and power endurance*

Combine with other training/ climbing but always divide them proportionally over the week and follow the recovery guidelines.

	Lead	Boulder/ Strength
Minimum rest before training	12 h	24 h
Rest between simulair training	24 h	48 h

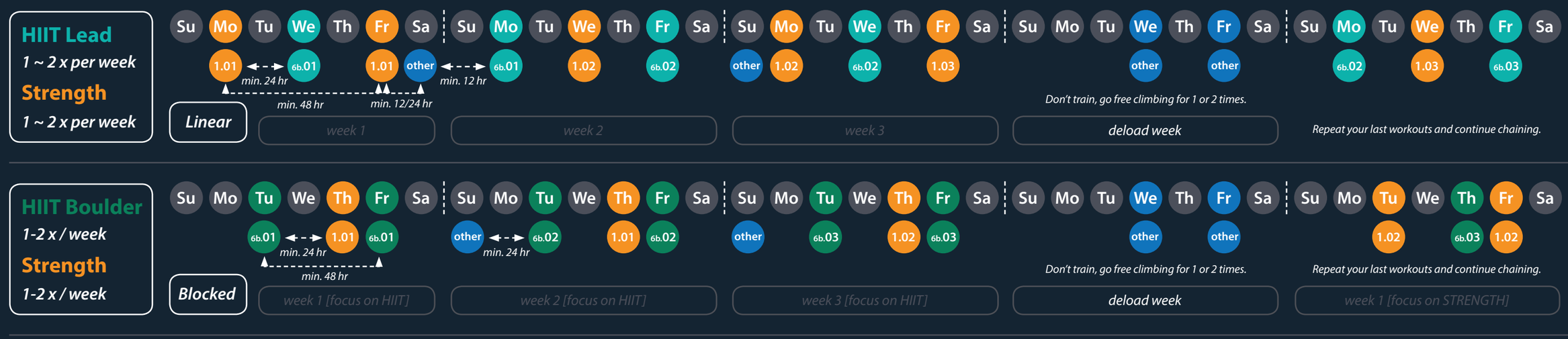
Keep chaining your workouts. Repeat every workout twice and then go up to the next workout. Skiping training, move the workout to your next training day and continue chaining from that day.

Plan rest weeks! But always try to chain workouts for minimum 3 weeks after each other to get results.

Training 3 times or more per week, plan a deload week every 3 weeks.

1 week break = repeat last workout
2 weeks break = 1 no. back
3 weeks break = 2 no. back
4 weeks break = 3 no. back
> 4 weeks break = 4 no. back or more

Combined Training Plans for 3 x per week



Any questions or want to train more than 4 x per week, ask for advice.