

FITclimbing Planner

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

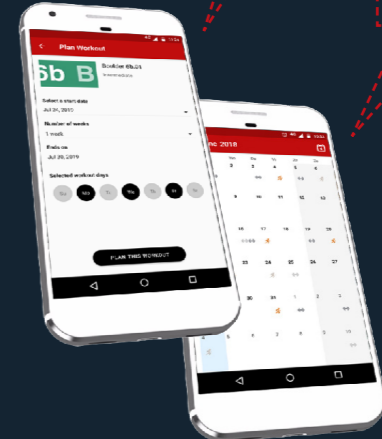
Search your Running Workout

Search Lead or Boulder Workout

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 | Beginner | Intermediate | Advanced | Start Level |
|---|----------|--|---|--|--|
| HIIT Lead Endurance for lead climbing HIIT Boulder Endurance & Power endurance for bouldering (and lead climbing) HIIT Boulder Power Power & Power endurance for bouldering | | 5a no. 01 - no. 30 5b no. 01 - no. 30 5c no. 01 - no. 30 | 6a no. 01 - no. 30 6b no. 01 - no. 30 6c no. 01 - no. 30 | 7a no. 01 - no. 30 7b no. 01 - no. 30 7c no. 01 - no. 30 | Your Start Level is the level you climb most of the time in your first or second go . Your Start Level is the level you climb most of the time in your first or second go . Build a solid base with Boulder Workouts first before start training with Boulder Power |
| Strength Workouts Power endurance & strength to get stronger | | BASICS LEVEL 1 no. 01 - no. 30 Hangs - Startup Plan [8 weeks] Pull up - Startup Plan 1 [8 weeks] Pull up - Startup Plan 2 [8 weeks] Pull up - Startup Plan 3 [8 weeks] | BASICS LEVEL 2 no. 01 - no. 30 | BASICS LEVEL 3 no. 01 - no. 30 PROGRESSIONS LEVEL 1 no. 01 - no. 30 | Your Lead/Boulder level is the indication for your Strength level . Complete Basics first before start with Progressions |
| HIIT Running Additional to your training routine to train endurance (oxygen supply) | | Without running experience Running 01 - Running 10 | More than a year running experience Running 11 - Running 20 | More than 2 years running experience Running 21 - Running 30 | Your running experience is the indication for your Running level |
| Mobility Workouts Additional to your training routine to train mobility | | MOB Beginner 15 min 20 min 30 min 40 min | MOB Intermediate 15 min 20 min 30 min 40 min | MOB Advanced 15 min 20 min 30 min 40 min | Your Strength level is the indication for your Mobility level |

| 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 |
| 15 - 40 min. | 1 x | 3 x | 12 h | 24 h |