



ANGY'S TRAINING PLAN **2ND TRAINING CYCLE**

Training Cycle 2: Gain high speed and maximum power

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| Bouldering (2x per week) | <ul style="list-style-type: none">• 6 moves with high speed up and down without legs. 4 rounds with 2 min rest in between• 60 min bouldering. Choose 40% of the boulders easy or medium hard (means you will do them within the first or third attempt). Choose 60% of the boulders in a hard level (means you will do them earliest after the 5th attempt) Take enough rest before each try on hard moves• 4 exercises on the campus board, 3 sets with 2 min rest in between |
| Route climbing (2x per week) | <ul style="list-style-type: none">• 6 hard routes with 10 to 15 min rest in between. Hard routes mean that you will be tired on the top or right before it. You have to recover during the rest. |