



ANGY'S TRAINING PLAN **3RD TRAINING CYCLE**

Training Cycle 3: Learn how to focus

Bouldering (2x per week)	<ul style="list-style-type: none">• 60 to 90 min of bouldering with easy to medium hard boulders (40-60%) 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">• 2 attempts on a project. Take 20 min rest in between the attempts• 5 hard routes. Take 10 to 15 min rest in between

Resume

I hope you got at least some information how a training program could look like. Again a training program isn't a universal recipe for everyone. It's essential to consider individual needs to get the best out of a training. Experience and a coach help. Just a little tip: It's not only about the fact that we achieve a goal, but more important how we get our way towards it.