



EDELRID 

ANGY'S TRAINING PLAN **INTRO**

Intro

The following programme is called „Daily Limit“. The goal is to climb many hard routes during a short climbing trip or complete the hardest possible route in just a few attempts. Take part and follow Angy on Facebook and Instagram. Here she explains how to prepare yourself in order to reach this goal.

Advantages are:

- Climb many different styles of routes and therefore improve your general climbing skills
- Experience many different climbing areas
- Fun and variety is guaranteed

How to start?

First, make a list of the general requirements for the rock climbing destinations you intend to go. Then allocate grades to each criteria. With doing this you will find out about your weaknesses and strengths and finally get a feedback on how your actual climbing skills look like. In support of specific preparation, you should improve your weaknesses. The program consists of three training cycles, each one lasts for about 3 to 4 weeks with 4 sessions per week.

Just some little tips:

- Always warm up
- For people that are new to training schedules, 3 sessions per week and 3 weeks of training per cycle should be enough. Choose 3 weekly sessions that work best for you
- The starting date of your training depends on the date of your climbing trip. The total three-cycle program should be finished one week before the climbing trip begins
- Angy's experience show, that after a longer gym season the first climbing trip outdoors usually is quite frustrating. Though, she suggests rock climbing to be included in the last week before the climbing trip begins
- A training program isn't a universal recipe for everyone. It is essential to consider individual needs to get the best out of a training. Experience and a coach can help