



# 6-WEEK POWER ENDURANCE TRAINING PROGRAM



**BY KRIS PETERS**

# DISCLAIMER

The advice and information contained in this 6-Week Power Endurance Training Program is for educational purposes only and may not be appropriate for all individuals. Therefore, the author, and any other parties involved in the creation or promotion of this product, are not responsible for any injuries or health conditions that may result from the advice or opinions within this program.

Most exercises include tutorials and detailed descriptions to give you the information you need to be able to perform the exercise with proper form. However, it is your responsibility to warm up properly, determine the level at which you'll perform the exercises, decide the weight you will use, perform each movement correctly, and ultimately to decide whether or not you are capable of performing the exercise without sustaining injury.

The information within this book is meant for healthy adult individuals. You should consult with your physician to make sure it is appropriate for your individual circumstances. If you have any health issues or concerns please consult with your physician.

In other words, please use this training guide wisely and take responsibility for your own body.

## A NOTE FROM KRIS

First of all, thanks for checking out my 6-Week Power Endurance Climbing Training Program! I really appreciate your support, and I'm psyched for you that you're ready to start training.

Through this training program, I have the privilege to help you achieve more as an athlete. I design training programs to help athletes continue to succeed, and I believe such training is a vital tool. My goal is simple: to help. If you feel there is a weakness in your game, I want to turn it into a strength. If you feel you can't do certain moves, I want to make them second-nature. If you are trying to crush a comp or a particular route or boulder, this program will help you be in the best shape of your life, mentally and physically.

Now, let's get to work.

This product is copyright © TrainingBeta 2014.

You may copy this for your own use, but please do not copy and redistribute without TrainingBeta's permission.



# OVERVIEW OF THE 6 WEEK PROGRAM

**In this program, I've laid out 4 unique days of training per week for you.** You'll be training, preferably in the gym, 4 days a week for 2 to 4 hours per session, depending on how much time you have. These workouts consist of climbing specific strength training, power training, endurance training, overall conditioning, shoulder girdle work, and core work.

You'll follow a rigorous training schedule for 4 weeks. On the 5th week, you'll actively rest, meaning you'll still climb and train, but not as hard. Finally, on the 6th week, you'll perform. You'll send your project. You'll win the competition. Or you'll just climb better, if nothing else!

This program, if followed to a tee, will probably make you a little tired, and your muscles will feel fatigued because they're being broken down in order to be built up again... stronger than they were before. So do this training program at a time when you're willing to spend 5 weeks training and not expecting to send hard projects. Try to time this training block well so that after the 5 weeks of training, you will have the opportunity to go use your new power endurance and send!

## WHO THIS PROGRAM IS FOR

This 6-week training program is designed for all levels of climbers. The exercises are scalable, so almost anyone can benefit from them. This program is going to help you if you have a specific route or boulder you're trying to send, if you have a road trip or competition coming up, or if your climbing season is around the corner, and you want to perform well.

This program is for climbers wanting to improve their power endurance. But what does that mean? Let's talk about power endurance for a second.

# CALENDAR

**Click on the Weeks or Days  
to link to the pages.**

<b>WEEK 1</b>	<b>WEEK 1 DAY 1</b> <i>climbing &amp; cardio</i>	<b>WEEK 1 DAY 2</b> <i>climbing &amp; core</i>	<b>WEEK 1 DAY 3</b> <i>climbing &amp; strength</i>	<b>WEEK 1 DAY 4</b> <i>strength &amp; fitness</i>
<b>WEEK 2</b>	<b>WEEK 2 DAY 1</b> <i>climbing &amp; core</i>	<b>WEEK 2 DAY 2</b> <i>climbing &amp; campus</i>	<b>WEEK 2 DAY 3</b> <i>climbing &amp; strength</i>	<b>WEEK 2 DAY 4</b> <i>campus, core &amp; cardio</i>
<b>WEEK 3</b>	<b>WEEK 3 DAY 1</b> <i>climbing &amp; core</i>	<b>WEEK 3 DAY 2</b> <i>climbing, campus &amp; core</i>	<b>WEEK 3 DAY 3</b> <i>climbing &amp; circuit</i>	<b>WEEK 3 DAY 4</b> <i>climbing</i>
<b>WEEK 4</b>	<b>WEEK 4 DAY 1</b> <i>climbing &amp; circuit</i>	<b>WEEK 4 DAY 2</b> <i>climbing, campus &amp; core</i>	<b>WEEK 4 DAY 3</b> <i>climbing &amp; shoulders</i>	<b>WEEK 4 DAY 4</b> <i>climbing &amp; shoulders</i>
<b>WEEK 5</b>	<b>WEEK 5 DAY 1</b> <i>stretching</i>	<b>WEEK 5 DAY 2</b> <i>long climbing</i>	<b>WEEK 5 DAY 3</b> <i>light cardio &amp; stretching</i>	<b>WEEK 5 DAY 4</b> <i>light climbing &amp; stretching</i>
<b>WEEK 6</b>	<b>PERFORMANCE WEEK</b>			

# WEEK 1 • OVERVIEW

## DAY 1:

**FOCUS:** *climbing & cardio*

**TIME:** *3-4 hours*

## DAY 2:

**FOCUS:** *climbing & core*

**TIME:** *2-4 hours*

## DAY 3:

**(OPTIONAL)**

**FOCUS:** *climbing & strength & circuit training*

**TIME:** *2.5-4 hours*

## DAY 4:

**FOCUS:** *strength & fitness*

**TIME:** *1.5-2.5 hours*

# WEEK 1 • DAY 1

**FOCUS:** *climbing & cardio*

**TIME:** *3-4 hours*

## Round 1: Climbing Specific Power Endurance

*5 routes (hard, easy, hard, easy, hard)*

TIME: 1-2 hours per climber

**Warm up, then do 5 routes in a row, alternating between hard and easy routes.**

- **On Lead, Mock Lead, or Top Rope** (base decision off what is safest)
- **Sets: 3-6 total** (Sets will be based off time restraints and physical state, i.e. if you're physically unable to do more than 3 sets, etc.)
- **Rest: 10 minutes** (or while partner is climbing)

**Check the index for a definition of a “hard” route and an “easy” route.**

**No resting in between routes.** If you're lead climbing, when you come down from one climb, stay tied in and pull the rope back through so you can save time between routes. Have your routes mapped out before you begin so you're not searching for appropriately graded routes during the drill.

## Round 2: Cardio

**Jog**

TIME: 30-45 minutes

(time will be based off time restraints if you have them)

You can do a combination of jogging and fast walking if this is too much jogging. The purpose of the run is to increase overall fitness. Your muscles are going to be tired from all the climbing. With this being Day 1 there is no need to go into any cross training or intense circuit training. Let this run be easy and fun. We are prepping you for 6 weeks - not just a day.

# WEEK 2 • DAY 2 OPTIONAL

**FOCUS:** *climbing, campus & system boards*

**TIME:** *2.5-4.5 hours*

## Round 1: Power Endurance Climbing

*3 routes (hard, hard, easy)*

TIME: 1.5-2.5 hours

**Choose 2 routes that are hard for you** (can be the same route) **and 1 that's easy for you, and do them all in a row without rest. On lead, top rope, or mock lead.**

*Rest while your partner climbs, 3-5 sets* (depending on physical state)

## Round 2: Campus & Systems Board Training

TIME: 1-2 hours

**For each campus board exercise, make sure to alternate arms during the 1 minute on. For example, for the campus board ladder drill, you would go up the campus board starting with your left arm, then jump down and go right back up the campus board, starting with your right hand. Then repeat for the whole minute resting as little as possible.**

- **Campus Board Ladder Drill:** 1 minute on, 2 minutes rest, 2-6 sets
- **Campus Board Bump Drill:** 1 minute on, 2 minutes rest, 2-6 sets
- **Campus Board Long Move Drill:** 1 minute on, 2 minutes off, 2-6 sets
- **Campus Board Offset Deadhangs:** 15-25 seconds each arm (or until failure), 2 minutes rest, 2-6 sets
- **Systems Board Pinch Pull Ups:** 5-rest-5-rest-5-rest
  - Do 5 pull ups and rest for 15 seconds, do 5 more and rest 15 seconds, and so on, Rest 1 minute between sets, 2-6 sets

# INDEX

## **Burpees**

[BACK TO THE CALENDAR](#)

Start in a squat position with your hands on the floor. Make your way into the top of a push up position and do a push up, then get your feet back underneath you and jump up. Get back down into squat position and repeat. (You're right. Everyone hates burpees!)

**Make this easier** by not doing the push up. Just go to the top of the push up position, but don't actually do the push up. Then get your feet back underneath you from there. The point of this is to get your heart rate up – not necessarily to do tons of push ups.

**Make this harder** by going faster or doing a wider stance push up.

► [WATCH THE VIDEO](#)

<http://trainingbeta.com/portfolio-items/burpees>

## **Dumbbell Shoulder Press**

[BACK TO THE CALENDAR](#)

Choose two dumbbells of equal weight and put one in each hand. Start with your hands up by your shoulders, palms facing your cheeks. Lift the dumbbells up at the same time, moving straight above your shoulders, keeping your back and neck straight, and using the strength of your shoulders and back to lift them. Repeat.

Do not use momentum to lift the dumbbells and do not lift anywhere but straight up. Move slowly and with intention. Start with very low weights and move up from there as you get stronger.

**Make these easier** by using lighter weights and/or moving one arm at a time. For example, your left arm would stay in place as your right arm moved up and down. Then your right arm would stay in place as your left arm moved up and down.

**Make these harder** by using heavier weights.

► [WATCH THE VIDEO](#)

<http://trainingbeta.com/media/dumbbell-shoulder-press/?portfolioID=4625>