

January	February	March	April	May	June
Active Rest Week	Power Climbing	Redpoint Climbing	Active Rest Week	Speed Work (Intervals)	Peak Running
Hangboard + Limit Bouldering	Strength Endurance Climbing	Strength Maintenance	High Mileage (Easy)	Strength Maintenance	Strength Maintenance
Strength Maintenance	2nd Tier Climbing	HB maintenance	Strength Maintenance	HB Maintenance	Transition to Climbing
	Hangboard	Transition into Running	HB Maintenance		
	Strength Maintenance				
July	August	September	October	November	December
Rest Week	Power Climbing	2nd Tier Climbing	Redpoint Climbing	Active Rest Week	Strength Focus
Hangboard + Limit Bouldering	Strength Endurance Climbing	Redpoint Climbing	Strength Maintenance	Strength Focus	Military Press
Strength Maintenance	Hangboard		Transition into Strength	Deadlift	"40 Days of Strength"
	Strength Maintenance			HB Maintenance	HB Maintenance
					Transition into Climbing