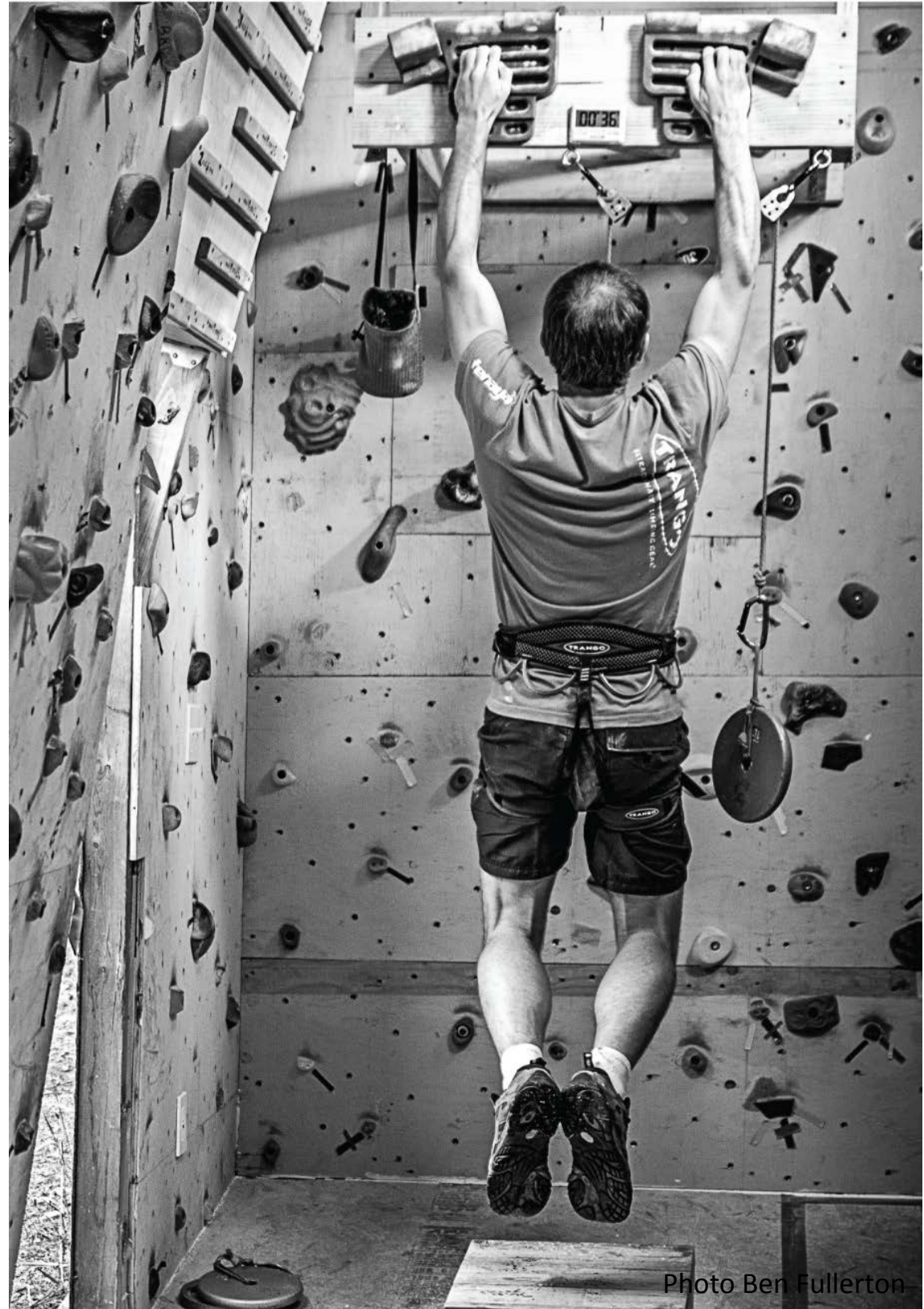


Introduction
to the
**Rock Prodigy
Training
Program**



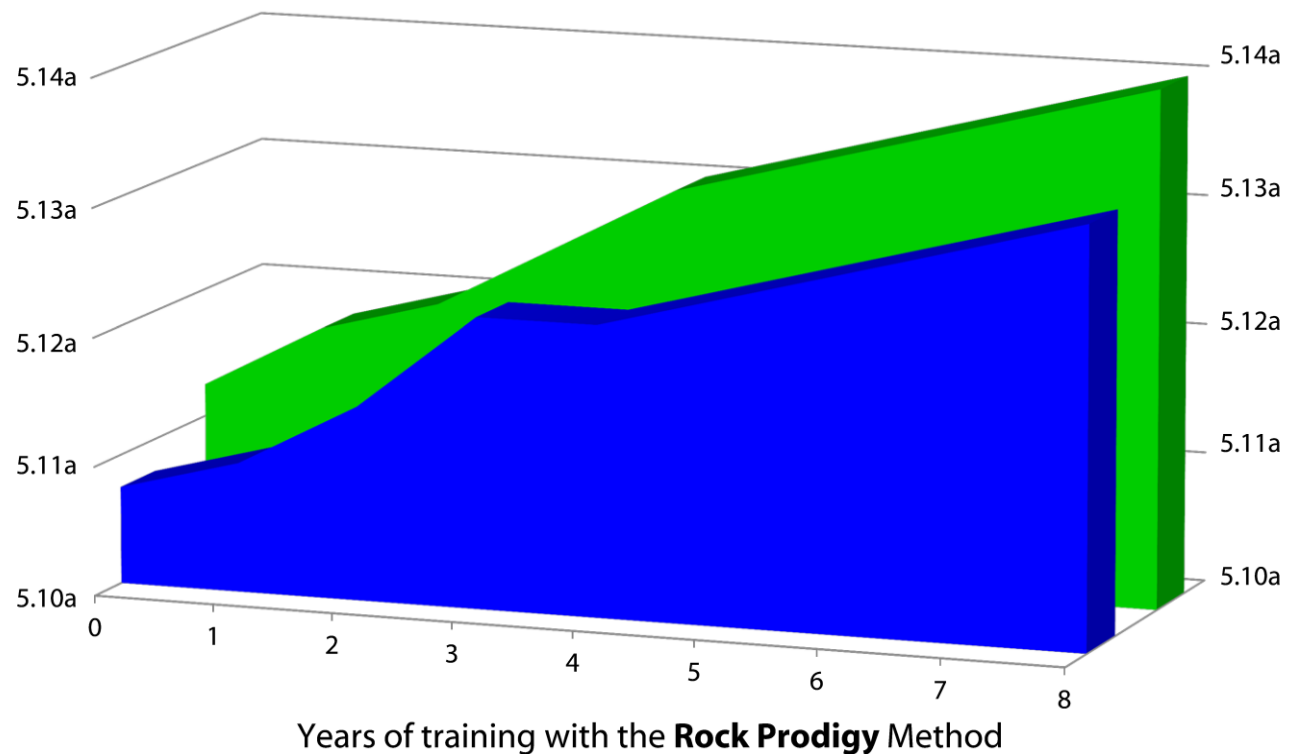
Overview



- Introduction
- The Case for Training
- Training vs. Skill Development
- Periodization Overview
- Training Phases
- The Rock Climber's Training Manual
- Questions

About Me

- Not a 'Phenom' – I spent 9 years struggling ~5.10
- I 'got serious' at 23; I managed to climb 5.12 after 18 months of regular gym climbing, but I suffered 3 serious finger injuries along the way and plateau-ed
- Then my brother Mike turned me on to training...



Why Improve at Climbing?

- Increased Access:
 - The better you are, the **more routes are available**
 - Furthermore, harder routes are often just plain better!
 - Elite climbers can still climb moderate routes, but not vice versa
 - **Time Value of Climbing Ability**: Even if you don't aspire to harder routes, easier routes can be climbed more quickly, thus leaving more time to climb other routes!
- Increased Enjoyment:
 - Like any movement-based sport, climbing '**feels better**' when done well
 - The joy of setting a goal, working hard to achieve it, and executing under pressure



The Case for Training

- The best way to improve *over the long run*
 - Solves the “plateau” problem that results from “just climbing”
 - Allows you to measure workload and incrementally increase it to **force physical adaptation** & **reduce injury risk**
 - Results in a **highly motivating** empirical record of improvement
- **Saves time**
 - Can be done solo, at home, or wherever is most convenient
 - Muscular failure can be achieved far quicker within a systematic program
 - Good training programs demand lots of rest

Training vs. Skill Development

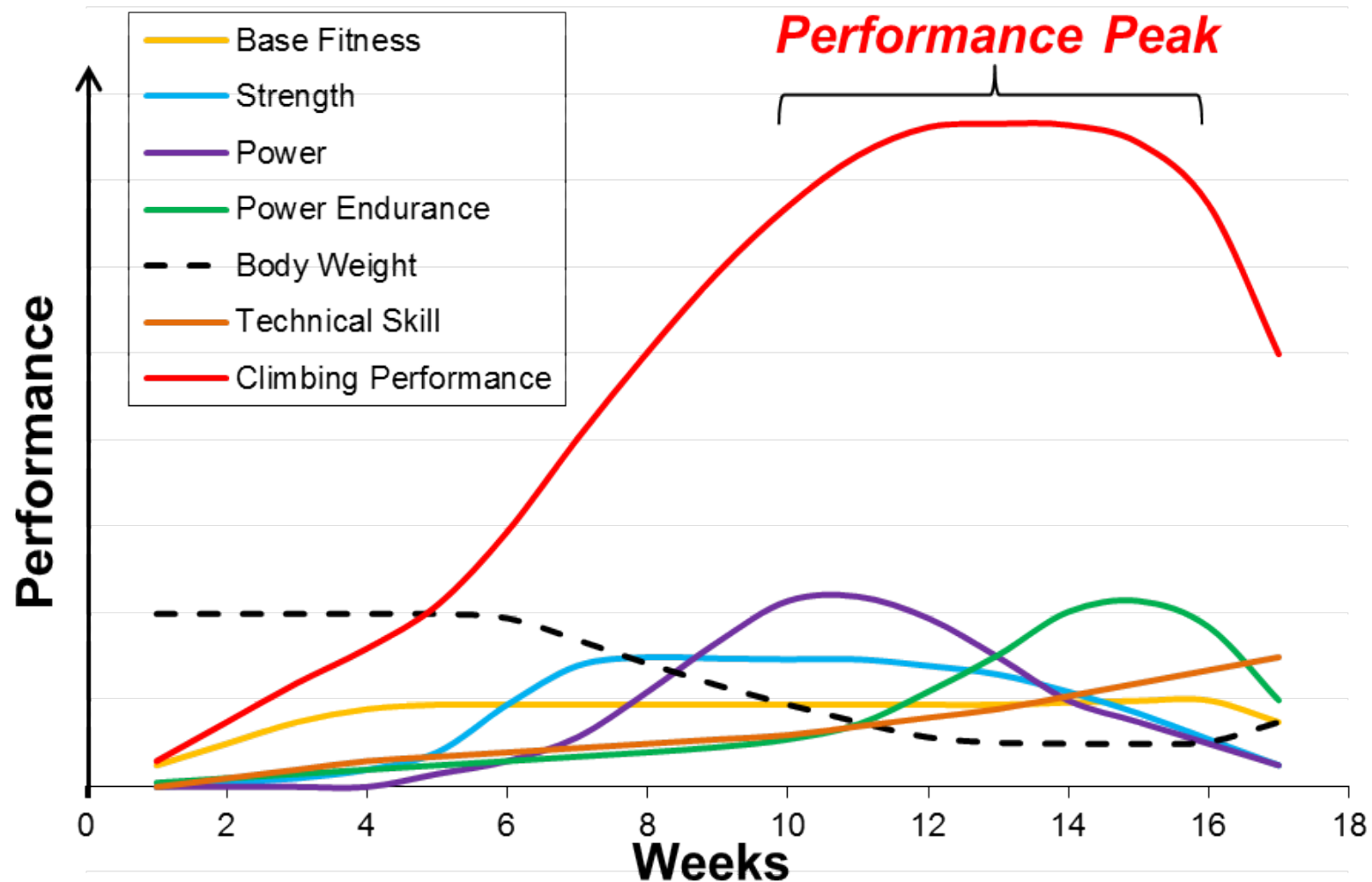
Often beginners are told not to train because they should focus on 'learning how to climb'

- *Most of the time, once these climbers have decided not to train, they still don't know how to learn climbing movement skills*
- ***Training and Skill Development are NOT mutually exclusive***

A well-designed training program provides structured opportunities for regular, progressive skill development, while also improving physical weaknesses

Periodization

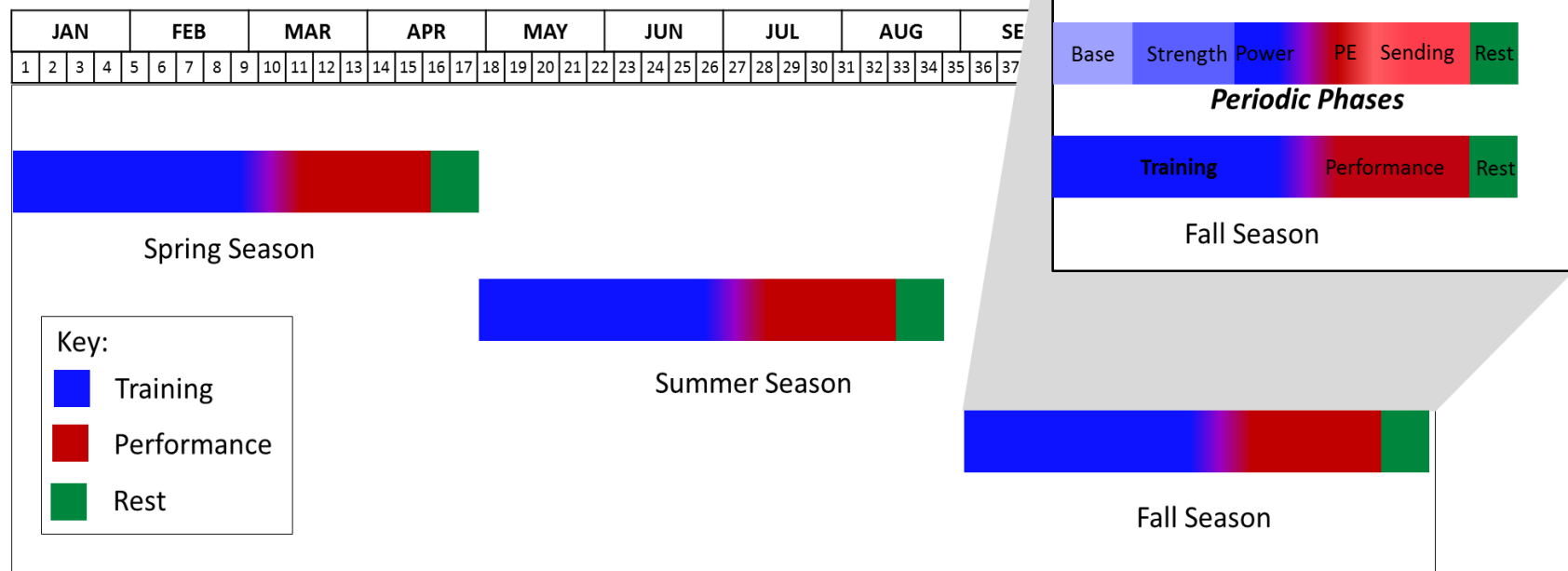
The **Rock Prodigy** method is a form of *Periodization* -- a strategy for physical training in which different training activities are performed in accordance with a carefully designed schedule to achieve a synergistic effect on overall performance that results in a *performance peak* at a predictable time.



Training Phases

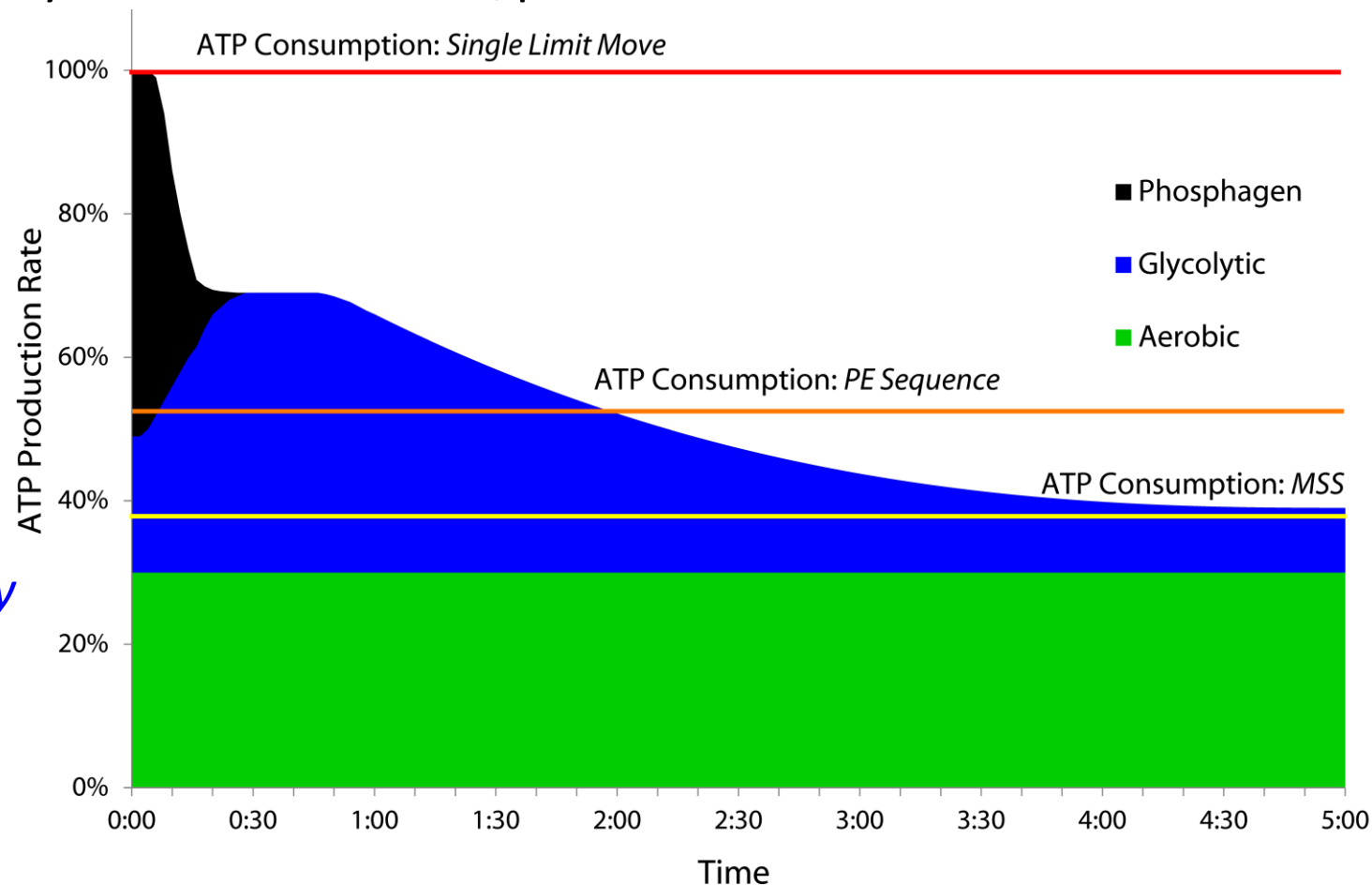
A **Periodic** training program utilizes a series of relatively distinct training '*phases*', that are organized into a single '*season*':

- Base Fitness
- Strength
- Power
- Power Endurance
- Performance
- Rest



Base Fitness

- The Base Fitness Phase serves several purposes:
 - Lays a foundation for the ensuing training phases
 - Provides the ideal atmosphere for focused skill development
 - Increases *capillarity* & blood flow in the climbing muscles, thus improving recovery between workouts/performances
 - Trains the muscle's *metabolic pathways* to improve endurance by increasing the climber's *maximum steady state*



ARC Training

- ***Aerobic Restoration and Capillarity*** (ARC) Training
 - Primary training activity during the Base Fitness Phase
 - Usually **performed by ‘traversing’ indoors**, low to the ground, sans rope
 - Workout entails **2-3 sets of 20-45 minutes of continuous climbing** at or just below the MSS
 - Focus on **Skill Development, recovery,** and **grip control**
 - **Used to raise the MSS**, improve capillarity, & prep for Strength Phase
 - Ideal for acquiring/refining movement skills and improving **grip control**
 - Used outside Base Fitness Phase to warm-up/cool-down & aid recovery

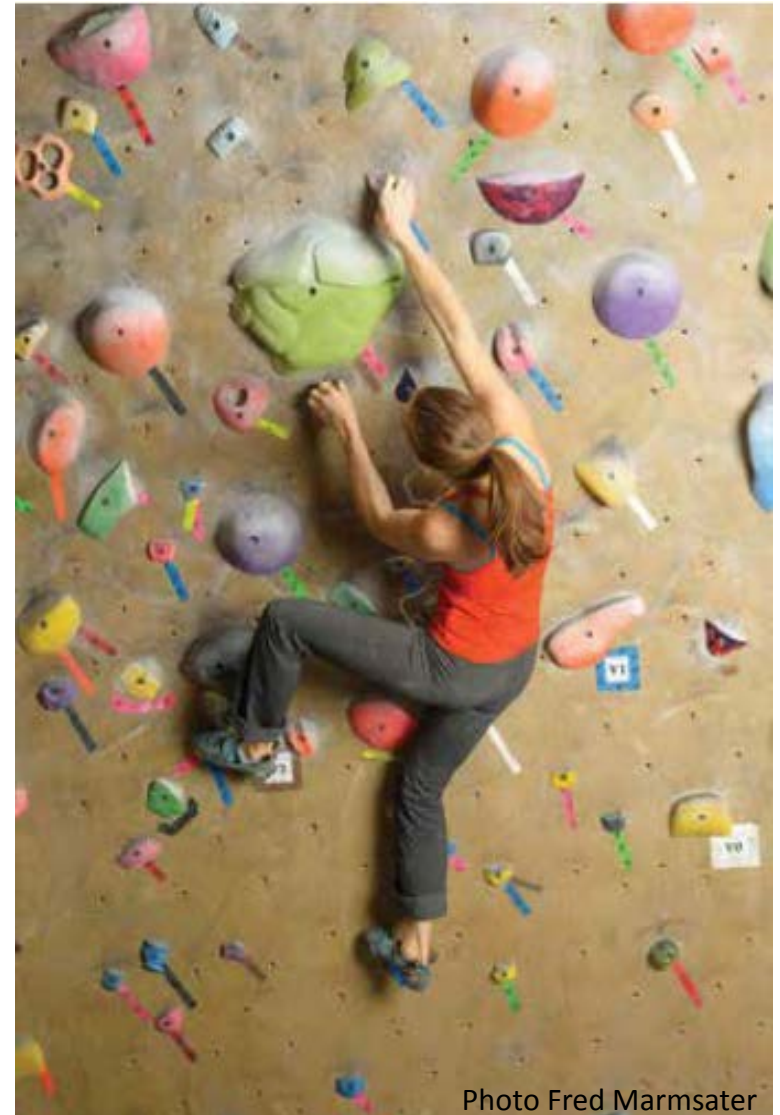


Photo Fred Marmsater

Strength

Targets improvements in *muscular force production* through *hypertrophy* (muscle growth) and *neurological adaptations*

- Finger Strength and Whole Body Strength
- Achieved by *isolating* key muscle groups and systematically exercising to failure
- *Isotonic* vs *Isometric* Contractions

<u>Desired Adaptation</u>	<u>Number of Sets</u>	<u>Number of Repetitions</u>	<u>Rest Between Sets</u>
Power	1-3	3-5	3-5 minutes
"Functional" Hypertrophy	3-4	6-8	3-5 minutes
"Non-Functional" Hyp.	3-4	8-12	1-3 minutes
Strength-Endurance	2-4	12-20	30 sec – 1 minute

Hangboard Training

- The best method for improving isometric finger strength
 - Allows for simple isolation of specific grips
 - Easy to control, quantify, and document loads, enabling the athlete to give max effort while minimizing injury risk
 - Apparatus is compact and even portable
- Workout entails multiple *exercises* of several *sets* of *static dead-hangs* (aka repetitions/reps)
 - Perform 6-10 Exercises or Grip Positions
 - Perform 1-3 Sets of each Exercise
 - Perform 5-7 Reps within each set

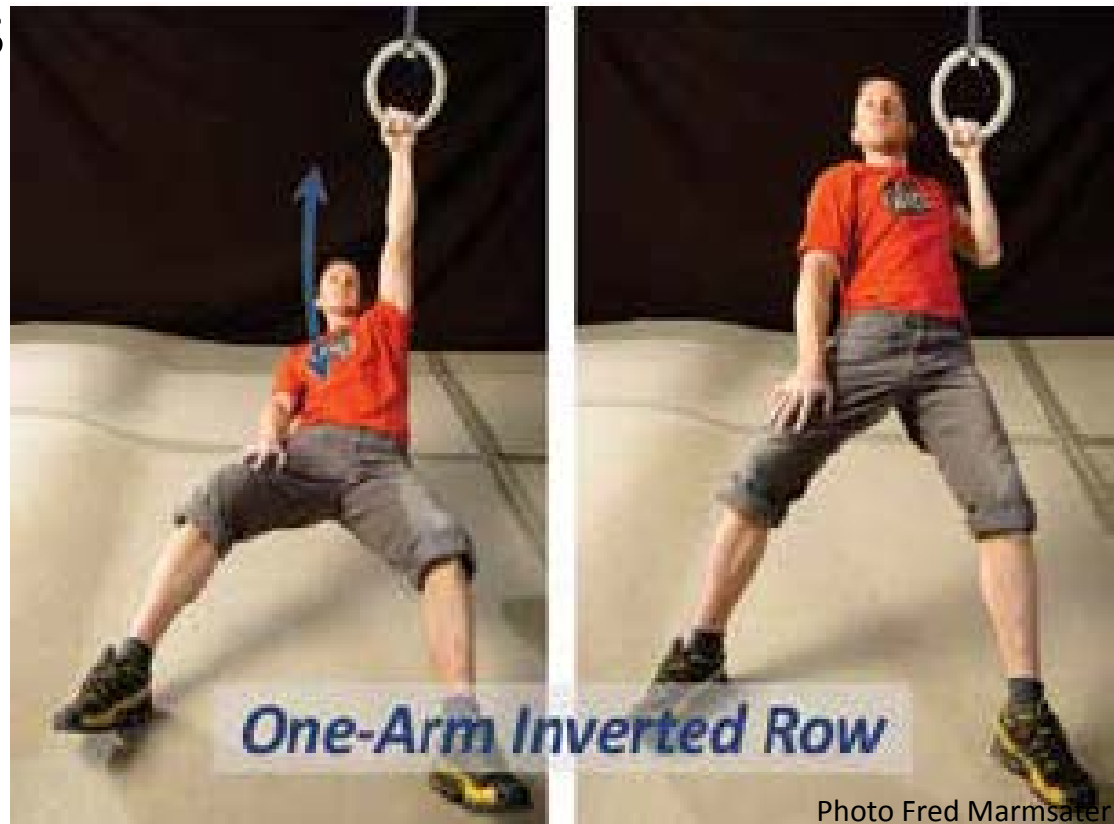


Photo Fred Marmsater

Note the platform, timer, fan, pulley system, weights, chalkbag, toothbrush, and logsheet.

Whole Body Strength Training

- Supplement to Finger Strength Training
- Trains associated muscles that contribute to climbing performance
 - Pull/Lock-off Muscles
 - Pushing Muscles
 - Core
 - Shoulders
 - Upper Arms



Power

- Climbing is a *dynamic* sport; static strength alone is insufficient
- **Power** is the ability to generate large force *quickly*
- Power Training seeks to improve *contact strength*
 - Achieved by improving finger flexor contraction speed
 - Must force muscles to contract quickly in training

Limit Bouldering & Campusing

- Limit Bouldering: short problems featuring 1-2 *dynamic* moves right at the climber's limit
- Campusing: footless dynos performed on a ladder of like wooden "rungs"
 - Both improve *contact strength*
 - Both improve *dynamic accuracy* & *aggressiveness*
 - LB is more sport-specific
 - Campusing is easier to isolate specific grips, control, quantify & document



Power Endurance



- The ability to perform multiple near-maximal climbing moves without rest (for ~1-4 minutes)
- Essential to route climbing, to cope with *forearm pump*
- PE Training improves metabolic pathways of both *slow* and *fast twitch* muscle fibers
 - Linked Bouldering Circuits (LBCs)
 - Route Intervals
 - Skill Stress-Proofing

Rest

- **Supercompensation:** Training makes you *weaker!*
Recovery from training makes you *stronger*
- Smarter, not harder!
 - Don't train to make you *tired*; train to make you *better*
- Micro-scale: Rest Days within a season:
 - Massage/Stretching/Icing as required
 - Brief, light exercise (brisk hike, 1 hr or less)
 - Visualization/Beta review
 - Sleep & Nutrition
 - Skin Care
- Macro-scale: Rest Days/Weeks between seasons:
 - Reflect on previous season & plan goals/training for next season
 - Regular non-climbing general conditioning exercise
 - Re-charge motivation & enjoy life away from climbing!

Other Factors

- Injury Prevention & Rehabilitation
- Goal Setting & Planning
- Skill Development
- Weight Management
- Strategy & Tactics
- Focus & Intensity



Get the Book!

<http://rockclimberstrainingmanual.com>

Maximize Your Climbing Potential!

"This is the best climbing training book ever written...."

— Steve Bechtel, Certified Strength and Conditioning Specialist, climbstrong.com

"...*The Rock Climber's Training Manual* clearly lays out the details of how to train effectively to take your climbing to the next level."

— Tommy Caldwell, First Free Ascentionist of four El Cap Big Wall Free Routes

"The Andersons' experience as top-level athletes in the field, rather than just trainers in the gym, directly validates *The Rock Climber's Training Manual*...."

— Paige Claassen, US National Champion and 5.14 First Ascentionist

"No other training resource has benefited more climbers... a must-read for those looking to improve their climbing ability...."

— Ryan Palo, Dedicated Weekend Warrior and 5.14 First Ascentionist

"...If you're searching for the path to your next level, this is where you'll find it."

— Kris Hampton, Climbing Coach, powercompanyclimbing.com

"...If becoming a better, stronger, more consistently performing climber is your goal, then this is the book for you!"

— Matt Samet, 5.14 first ascentionist, former editor of *Climbing Magazine* and author of *The Climbing Dictionary*

"...an exceptional book... I'll definitely be referencing it during my next training period."

— Jonathan Siegrist, Professional Climber, 5.14+ First Ascentionist

WHETHER YOU CLIMB 5.9 OR 5.15, THIS BOOK SHOWS YOU HOW TO IMMEDIATELY AND CONTINUOUSLY IMPROVE YOUR CLIMBING, PROVIDING A STEP-BY-STEP, EASY TO FOLLOW ACTION PLAN USED BY ELITE CLIMBERS:

- Detailed schedules prescribe daily training activities for beginner, intermediate and advanced climbers
- Training programs are tailored for bouldering, sport and traditional climbing
- Eleven exercise protocols clearly describe each training activity in detail
- Over 200 full color illustrations demonstrate proper techniques
- Meticulously researched, incorporating the latest advancements in sport science
- Presents exercises that are proven to be effective for climbers of all abilities
- Includes ground-breaking coaching for Big Wall Free Climbing including training, strategy and tactics!

The Rock Climber's Training Manual updates and expands on the renowned "Rock Prodigy" training method that has helped climbers around the globe advance through the grades. Whether new to climbing or a seasoned veteran, this book describes exactly how to get stronger NOW and climb your dream routes.

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THE ROCK CLIMBER'S TRAINING MANUAL

Anderson

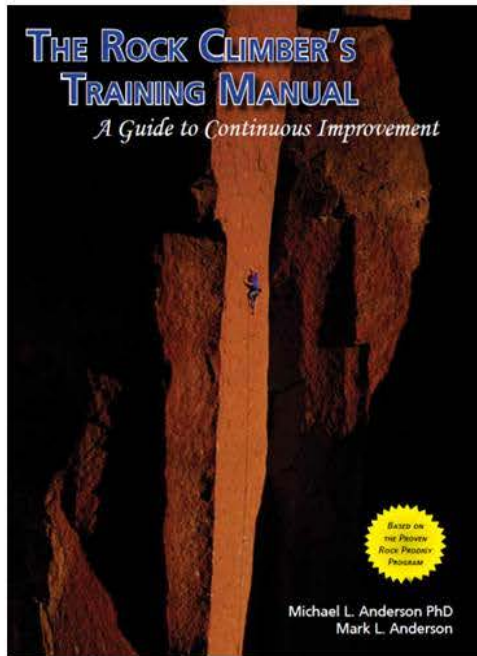
THE ROCK CLIMBER'S TRAINING MANUAL

A Guide to Continuous Improvement

BASED ON
THE PROVEN
ROCK PRODIGY
PROGRAM

Michael L. Anderson PhD
Mark L. Anderson

The Rock Climber's Training Manual



What's inside...

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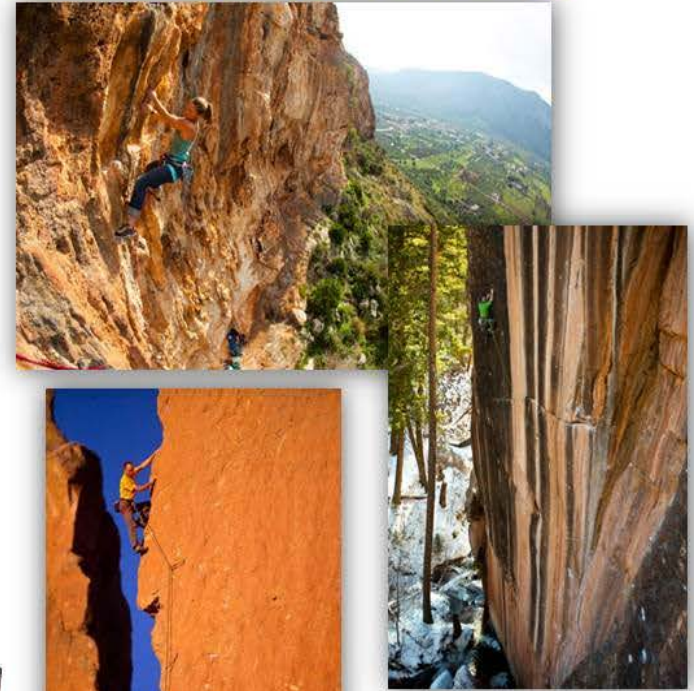
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Appendix
 A. References
 B. Glossary
 C. Index of Routines and Training Log Book

Hundreds of inspiring full-color images



Detailed Exercise Routines

BEGINNER CAMPUS ROUTINE

LINKED BOULDERING CIRCUIT (LBC) ROUTINE

ADVANCED HANGBOARD ROUTINE

WARM-UP:
 Low-intensity ARC (ranging 20-30 minutes)
 • Rehearse techniques
 • Light active stretching on the wall
 • Progress through every grip that will be trained

HANGBOARD ROUTINE:

Exercise	Grip	Set	Reps	Resistance	Total Set Time	TUT
1	Warmup open-hand edge	1	7	Baseline	1:07	0.40
	...	2	5	Baseline +20	0:47	0.35
2	MR1-read 2F pocket	1	7	Baseline	1:07	0.40
	...	2	6	Baseline +10	0:57	0.42
	...	3	5	Baseline +20	0:47	0.35
3	Small semi-lead or rim	1	7	Baseline	1:07	0.40
	...	2	6	Baseline +10	0:57	0.42
	...	3	5	Baseline +20	0:47	0.35
4	Middle 1-read 1F pocket	1	7	Baseline	1:07	0.40
	...	2	6	Baseline +10	0:57	0.42
	...	3	5	Baseline +20	0:47	0.35
5	Wide pinch	1	7	Baseline	1:07	0.40
	...	2	6	Baseline +10	0:57	0.42
	...	3	5	Baseline +20	0:47	0.35
6	MR1-read 2F pocket	1	7	Baseline	1:07	0.40
	...	2	6	Baseline +10	0:57	0.42
	...	3	5	Baseline +20	0:47	0.35
7	Narrow pinch	1	7	Baseline	1:07	0.40
	...	2	6	Baseline +10	0:57	0.42
	...	3	5	Baseline +20	0:47	0.35

NOTES:
 • Each repetition is 7 seconds long with 3 seconds rest between repetitions within a set.
 • Rest 3:00 between each set in the routine.

SUPPLEMENTAL EXERCISES:
 • Select two to six high-priority movements.
 • Complete two to four sets of each exercise.

Comprehensive Training Plans

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
2	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
3	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
4	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
5	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
6	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
7	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
8	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
9	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
10	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
11	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
12	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
13	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
14	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
15	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
16	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest
17	Rest	Base Fitness	Strength	Power	Endurance	Performance	Rest	Rest

