



1. **ANAEROBIC POWER: “PULL/JUMP”**

a) **Strength (PULL)**

- Intensity: ~85-95% of your 1 rep max (1RM)
- Hold Time: ≤ 10 seconds
- Sets: 2-6
- Reps: 1-5
- Rest between Sets: ~2-5 minutes (work:rest – 1:20)
- Total Time Under Tension Goal (TUT): ~30-90 seconds
- Hangboard Examples:
 - 3-5 sets, 3 reps, 3s on 5s off, 4-5 min rest b/w sets, TUT: 27-45s¹
 - 2 sets, 3-5 reps, 5s on 10s off, 2 min rest b/w sets, TUT: 30-50s¹
 - 2-5 sets, 3 reps, 7s on 53s off, 3 min rest b/w sets, TUT: 42-105s²
 - 2-6 sets, 1 rep, 10s on, 3 min rest b/w sets, TUT: 20-60s³

b) **Power (JUMP)**

- Intensity: Max effort under the below time constraints with a target of ~75-80% 1RM for higher intensity or ~40-70% for lower
- Hold Time: 1-3 seconds (focus should be on speed of contraction)
- Sets: 3-5
- Reps: 3-5 for higher intensity or ≤ 12 for lower intensity (or until pulling force drops below targeted percentage range)
- Rest between Sets: ~2-5 minutes (work:rest – 1:20)
- Hangboard Examples:
 - 75-80%: 3 sets, 5 reps, 3s on 10s off, 3 min rest b/w sets¹
 - Power focused maybe more for bouldering or hard crux moves on lead
 - 50-60%: 4 sets, 12 reps, 3s on 10s off, 3 min rest b/w sets¹
 - Power training possibly best suited for sport climbing

c) What this training is used for: Short, severe boulders, power/campus moves, maximum strength, physical crux moves, deadpointing and dynamic moves.

d) How You Should Feel: **PULLING** hard and slow or **JUMPING** hard and fast

2. **ANAEROBIC CAPACITY: “POWERED-OUT”**

a) **STRENGTH**- endurance

- Intensity: ~65-85% 1RM
- Hold Time: 7-40 seconds, or to muscle failure/inability to maintain target % RM
- Sets: 3-6
- Reps: 1-6
- Rest between Sets: ~3-5 minutes (work:rest – 1:2-3)
- Hangboard Examples:
 - 65-75%: 3-5 sets, 1 rep, 20-45s or failure, 3-5 min rest b/w sets⁴
 - Density Hangs for improving strength and tendon structure.
 - 70-75%: 6 sets, 6 reps, 7s on 3s off, 3 min rest b/w sets⁴
 - Shorter intense sections, or crux sequences lasting 30-90 seconds.
 - 80-85%: 6 sets, 5 reps, 7s on 3s off, 3 min rest b/w sets⁴
 - Crux sequences, boulder problems or harder sections lasting 30-60 seconds.
- What this training is used for: Long, difficult boulders/cruxes; roped climbing through long, pump sequences without rest. Improves more short-term strength-endurance.
- How You Should Feel: **POWERED-OUT** – failure on reps needs to be due to Power-Out NOT significant Pump.

3. **AEROBIC POWER: “PUMPED”**

a) strength - *ENDURANCE*

- Intensity: ~50-60% 1RM
- Hold Time: 7-10 seconds
- Sets: 3-8
- Reps: ≥ 12 or until muscle failure/inability to maintain target % RM
- Rest between Sets: ~4 minutes (work:rest – 1:1-3)
- Hangboard Examples:
 - 50-60%: 6 sets, 12 reps, 7s on 3s off, 4 min rest b/w sets⁴
 - Improving metabolic adaptation at higher intensities with limited rest.
- What this training is used for: Ability to recover during brief rest periods when redpointing or between strenuous, pumpy climbs. Improves more long-term strength-endurance.
- How You Should Feel: The arm shattering, ‘I can’t make a fist’, ‘Screaming Barffies’ type of **PUMP**.

4. **AEROBIC CAPACITY: “BORED”**

a) Long duration endurance

- Intensity: ~40-45% 1RM
- Hold Time: 7-10 seconds
- Sets: ≥ 10
- Reps: ≥ 6
- Rest between Sets: ~1 minute (work:rest – 1:1)
- Hangboard Examples:
 - 40-45%: 10 sets, 6 reps, 7s on 3s off, 1 min rest b/w sets⁴
- What this training is used for: Local endurance; long climbs, all day stamina; allows you to clear the pump with good rests and get more out of shorter rests. Low intensity, high volume training, with short rest periods.
- How You Should Feel: **BORED**... Low pump level – if there is any pump, it is quick to fade with a 1-2 min rest.

1. Camp4 human performance. CAMP4 HUMAN PERFORMANCE.
2. Training for climbing - by eric hörst - train smarter, climb harder! Training For Climbing - by Eric Hörst
3. López E. Fingerboard training guide (I). Preliminary evaluation. Fingerboard training guide (I). Preliminary evaluation | Eva López, PhD.
Evidence-based Athletic Training for Climbing.
4. *Train like a pro.* (n.d.). Crimpd. <https://www.crimpd.com/>