

Name :

Age :

To be completed and handed in (person / photo message) no later than **Wednesday 3rd September.**

This booklet consists of 3 training sessions I would like you to complete to the best of your ability. You can complete these in whichever wall you like. Each session should take around 2 hours.

Session1

Date :

What wall did you complete this at :

Warm up

What did you do :

Section 1 : Boulder Flash circuit

Complete a flash circuit of 20 boulders at your flash limit (one that feels testing for you, but not impossible). Take it seriously, read the problems, brush the holds, try your hardest ... it matters. 1 attempt each problem, you slip off, move on. NO SECOND GOES, even if you really want it. Tick if complete, X if fall.

What colour circuit did you choose
(or mix if needed - be logical 1st 15 x colour, 2nd 15 x colour) :

Notes (How'd it go, good bits, bad bits) :

Section 2 : 4 hard boulders

Spend 10-15 mins on each boulder ... note the progress, what you learnt etc.
What colours, grades or boards did you choose:

Notes :

Boulder 1 :

Boulder 2 :

Boulder 3 :

Boulder 4 :

Session 2

Date :

What wall did you complete this at :

Warm up

What did you do :

Section 1 : Lead Session

10 routes, 1 attempt on each. 5 mins between routes.

Follow this grade example but choose one relevant to you.

Route	Example Grade	Your Grade	Complete / Last Quickdraw clipped	Notes
1	6b			
2	6b+			
3	6c			
4	6c+			
5	7a			
6	7a+			
7	7a			
8	6c+			
9	6c			
10	6b+			

Section 2 : 2 projects

Spend 10-15 mins on each route ... aim to complete moves, unlock sequences, link sections and ideally 1 attempt from the ground.

Route	Grade	Moves completed	Linked sections	Best attempt
1				
2				

Session 3

Date :

What wall did you complete this at :

Warm up

What did you do :

Marathon Session

50 boulders of varying difficulty. Each boulder is worth 10 points. Every attempt loses you a point. Do your best.

Follow the grade variation in my example but use your own grades.

Boulder	Example level	Your Grade/colour	Points	Boulder	Example level	Your Grade/colour	Points	Boulder	Example level	Your Grade/colour	Points
1	1			11	3			21	4		
2	1			12	3			22	4		
3	1			13	3			23	4		
4	2			14	3			24	5		
5	2			15	3			25	5		
6	2			16	4			26	5		
7	2			17	4			27	5		
8	2			18	4			28	5		
9	2			19	4			29	5		
10	3			20	4			30	5		
Boulder	Example level	Your Grade/colour	Points	Boulder	Example level	Your Grade/colour	Points	Boulder	Example level	Your Grade/colour	Points
31	6			38	7			45	8		
32	6			39	7			46	8		
33	6			40	7			47	8		
34	6			41	7			48	8		
35	6			42	7			49	8		
36	6			43	7			50	8		
37	6			44	7						

Level 1 to level 8 is a sliding scale between what you would warm up on being level 1 and what you would be projecting for multiple days being level 8.

For example for me level 1 is 6a, level 8 is 8a (my levels in-between are a sliding scale)