



# Physical Training for Climbing 1

A one-day BMC workshop for people coaching climbing who have ideally already attended the BMC FUNdamentals of Climbing 1 and 2 Workshops. Broaden your knowledge of climbing training. The day covers both theory and also practical training sessions.

This workshop covers the following broad areas.

- Demands of the sport
- Energy systems required for climbing
- Principles of training and creating adaptation
- Practical sessions on how to improve conditioning, strength and endurance
- Case study of training needs analysis and how to design a week including all training components

You will be practising the training sessions and there will be some physical exertion required – potentially climbing near your limit! Climbing is not mandatory, but it will be of huge benefit to you if you do experience the training sessions.

Please bring:

- rope (optional)
- harness
- belay device
- climbing shoes
- chalk bag

## BMC PARTICIPATION STATEMENT

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement

**Workshop Cost:** £80 for BMC members and £99 for non-members. Course fee includes wall entry fee, but not food or refreshments.



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## Workshop programme

09.15	<b>Arrival</b>
09.30	<b>Introductions</b> Aims and objectives for the day
10.00	<b>Demands of the sport</b> Comparison to other sports Concepts of time and intensity Energy systems
10.30	<b>Break</b>
10.45	<b>Types of training</b>
10.55	<b>Strength Practical</b> Pull ups Fingerboard Bouldering
13.00	<b>Lunch</b>
13.45	<b>Endurance &amp; Strength endurance theory</b>
14.00	<b>Strength endurance practical</b>
14.45	<b>Endurance practical</b>
15.30	<b>Break</b>
15.45	<b>Planning sessions: Theory</b> Introduction to periodisation Super compensation Measuring volume <b>Profiling</b> Questions Case study Planning a weekly structure
16.45	<b>Questions and Review</b>
17.00	<b>Finish</b>