



DAILY TRAINING SCHEDULE

Print one per training day. Page 2 shows a filled-in example.

Date

Focus today

Planned time

MORNING CHECK-IN

Sleep (h)

Resting HR

Fatigue 1–10

Soreness 1–10

Mood 1–5

Ready?

☐ Go ☐ Easy ☐ Rest

SESSION PLAN

Block	Exercise / climbs	Sets × reps	Load / grade	Rest	RPE	Done
Warm-up						☐
Main						☐
						☐
Strength						☐
Accessory						☐
Cool-down						☐

CLIMBS

Route / problem	Grade	Style	Tries	Sent?	What to remember

Session load

RPE (1–10) × minutes = load

____ × ____ = _____

Notes and feelings



EXAMPLE: A FILLED-IN DAY

Date

Tuesday 12 January

Focus today

Bouldering: crimps + fingers

Planned time

90 min · gym

MORNING CHECK-IN

Sleep (h)	Resting HR	Fatigue 1–10	Soreness 1–10	Mood 1–5	Ready?
7.5	52	3	2	4	Go

SESSION PLAN

Block	Exercise / climbs	Sets × reps	Load / grade	Rest	RPE	Done
Warm-up	Pulse raise, arm circles, 10 easy boulders V0–V2	15 min	easy	—	3	✓
Main	Limit crimp boulders, 4 problems	4 × 4 tries	V5–V6	3 min	8	✓
Strength	Max hangs 20 mm, half crimp	5 × 10 s	+8 kg	3 min	8	✓
Accessory	Push-ups + band external rotation	3 × 12	body / light	1 min	6	✓
Cool-down	Easy traverse + forearm stretch	10 min	easy	—	2	✓

CLIMBS

Route / problem	Grade	Style	Tries	Sent?	What to remember
Blue crimp roof	V6	Overhang	5	yes	Left heel hook first
Yellow slab arête	V5	Slab	4	no	Trust the smear, hips in

Session load

RPE (1–10) × minutes = load

$$7 \times 90 = 630$$

Notes and feelings

Fingers felt strong. Left ring finger a bit tight at the end: lighter tomorrow.

WHY LOG RPE × MINUTES

Session RPE (how hard the whole session felt, 1–10) times its length is a simple, validated way to track training load. Adding the week up shows whether you are building gradually or spiking. The Train Climb app does the sums for you.