WEEKLY TRAINING SCHEDULE

Week of _____ · Phase: base / strength / power / performance / rest

Goals this week

Week load total

last week _____ · this week _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Focus							
Session							
Warm-up							
Main block							
Strength							
Mobility							
Minutes							
RPE 1–10							
Load (RPE × min)							
Done	☐	☐	☐	☐	☐	☐	☐

What went well

What to change

Pain or niggles

PLANNER 02 · WEEKLY

THREE SAMPLE WEEKS

Pick the week that matches how often you can train. Hard days are never back to back for the fingers; rest days are part of the plan.

2, 3–4 or 5 days a week

Adjust to your recovery

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 days beginner	Rest	Climb technique + volume	Rest	Mobility 15 min	Rest	Climb projects + core	Rest / walk
3–4 days intermediate	Climb limit boulders + fingers	Mobility	Climb routes / endurance	Rest	Strength pull + antagonists + core	Climb outdoor or projects	Rest
5 days advanced	Hard limit + max hangs	Easy volume + mobility	Strength pull, core	Rest	Hard power / board	Endurance routes 4×4	Rest

SIMPLE RULES

Hardest work early in the session, after the warm-up. Fingers need 48 hours between hard sessions. Raise the weekly load by about 10% at most, and every 4th week train lighter.

SIGNS TO BACK OFF

Finger or elbow pain that lasts into the next day, poor sleep for several nights, resting heart rate 5+ beats above normal, or climbing feeling heavy on easy grades.