



Base Camp

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DESCRIPTION

We head back down to Base Camp in this workout. Going back to basics to build a strong, functional body with a HIT style workout. A great way to break up training blocks or add a small amount of general exercise tolerance. Base camp will increase your training capacity and general aerobic fitness without adding too much bulk or muscle hypertrophy.

TECHNICAL NOTES

Workout Outcomes - Strong functional Core, Posterior Chain Loading and Aerobic General Fitness. In this workout we get off the wall to deload the forearms between training blocks or to mitigate overuse if you have been feeling the elbows etc. lately. Targetted core with some shoulder involvement and anterior/posterior load alongside some dedicated posterior chain (hamstrings, glut and lower back). You can easily dip into different categories to ramp up or down the load OR increase the work to rest ratio. Keep in mind that this workout will start to catch up with you in the last SET if you don't moderate your pace / loads in the first half!

SESSION BREAKDOWN

EXAMPLE TIMING	Novice	Intermediate	Advanced	TRAINING NOTES
Pod 1 30s 30s x 2 30s 30s x 2 30s 30s x 2 30s 30s x 2 1min	30sec ON 30 sec OFF Timing Push up Position One Arm Ups REST Standing Hand Walkouts REST Alphabet elbow plank (swiss/med ball/slide pad) REST REPEAT POD 1 REST (Change to Pod 2)	35sec ON 25sec OFF Timing Push up Position Pull Throughs REST Ab Roller REST Alphabet elbow plank (swiss/med ball/slide pad) REST REPEAT POD 1 REST (Change to Pod 2)	40s ON 20s OFF Timing Push up Position Pull Throughs REST Ab Roller (+/- 5 sec prone holds) REST Alphabet elbow plank (swiss/med ball/slide pad) REST REPEAT POD 1 REST (Change to Pod 2)	One Arm Ups - Lift one arm above head 5 seconds. Pull Throughs - Kettle Bell Works well for this - 8kg to 16kg for stronger climbers. For both variations - Feet shoulder width and DON'T weight shift during the movement. Keep centered and tension the core to offset the load. Standing Hand Walkout - Start standing, place hands at feet or out from feet if not flexible. Walk HANDS out as far as possible then walk HANDS back to start position. We all know ab roller right? Full Plank position on swiss ball (or med ball/slide pads) and write the alphabet (upper OR lower case) with your elbows! Extra points for alphabet backwards.
Pod 2 30s 30s x 2 30s 30s x 2 30s 30s x 2 1 Min	30sec ON 30 sec OFF Timing Good Mornings REST Standing Bent Over Row (Neutral Grip Dumbbells) REST Medicine Ball Shoulder Toss REST REPEAT POD 2 REST (change stations)	35sec ON 25sec OFF Timing Bar Romanian Dead Lift * 3 REST Standing Bent over Row (Supine Grip Bar/Dumbbells.) REST Single Arm KB Clean + Press REST REPEAT POD 2 REST (change stations)	40s ON 20s OFF Timing Bar Romanian Dead Lift *3 REST Standing Bent over Row (Supine Grip Bar / Dumbbells) REST Single Arm KB Clean + Press REST REPEAT POD 2 REST (change stations)	If no lifting experience - perform good mornings. Hold weight at chest and slowly lower the chest, keeping legs straight but supple, as far as possible, then return to ALMOST standing (keep a small bend) and lower chest again. Start Light and build weight as tolerated (med ball / KBell ~10- 20kg for stronger climbers). For romanians chose heavy weight for 3* reps (80% One Rep Max) IF no heavy weights - do 30% ORM and 3/4 extension before dropping back to hip flexion - keeps tension on the post. chain (i.e.dont fully stand straight) Try to get chest almost parallel with floor, if uncomfortable bring chest up slightly. Novice perform a row with dumbbell/kettle bell however comfortable. Intermediate and up - use a BAR with a SUPINE grip (good prehab variation to stretch pronator teres etc.) ~20kg-30kg for stronger climbers. No bar? just use Dbells etc but keep the hands SUPINATED (palms UP). Can be done with heavy dumbbell or Kettle Bell (KB). Start with weight on floor, squat down keeping straight back and good form. Lift the weight one handed as you stand up explosively with gluts and raise the weight above your head. Return weight to floor using other hand to help. Start with LIGHT weight until you feel solid and secure with the form.
Pod 3 30s 30s x 2 30s 30s x 2 30s 30s x 2 30s 30s x 2	30sec ON 30 sec OFF Timing Hanging L Sit / Hanging Crunch REST Steep Wall Cut Feets REST 1/2 Skin the Cats REST REPEAT POD 3 FINISH	35sec ON 25sec OFF Timing Windscreen Wipers REST Roof Cut Feets REST 1/2 Skin the Cats Slow Eccentric REST REPEAT POD 3 FINISH	40s ON 20s OFF Timing Hanging Meat Hooks REST Roof Cut Feet Silent Returns REST One Arm Toe to Bar REST REPEAT POD 3 FINISH	Everyone Loves hanging windscreen wipers right? Google this move if unfamiliar - hanging meat hook is a windscreen wiper to one side, bring your body further over the inside arm until you can release the outside hand and hold the position on one arm. Regrip and perform on opposite side. Very Advanced. Climb an easy steep / roof boulder problem. Every hand move - cut feet in a controlled fashion to a full hang, then return to the wall. Advanced feet have to return VERY controlled with no sound from the foot contact. Skin the cat (hang from ring / bar and bring your body up through your hands). Only Rotate until your legs are horizontal above your body (don't fully reverse on the shoulders). Then slowly bring back to the start position. Int+ bring it back REALLLY slowly. Then slow it down some more. One Arm Toe to bar strong CORE and shoulder exercise. Like Toe to Bar but drop one hand. Must be STRONG on one shoulder/arm - advanced only.

Volume Breakdown

WORKOUT ELEMENTS	BASE CAMP General Aerobic Fitness, Functional Core, Posterior Chain	
INTENSITY LEVEL	3	Combined Totals
STRENGTH	2	5
POWER	2	5
ENDURANCE	2	5
		15
50% due to supplemental		7.5
Reccommendation		
Supplemental Session - Low Volume comparative to climbing load. Good to perform a block during off season to raise fitness, work capacity and functional strength. If during a training block can split session with climbing specific training - ADVISED PERFORMED AS PM SESSION OR AFTER TECHNICAL TRAINING ELEMENTS FOR SPLIT TRAINING.		

Workout Volume
< 9 LOW
10-12 MODERATE
> 13 HIGH

<- VOLUME