

**DESCRIPTION**

We tone down the intensity for this deload session and introduce some basic technical application drills to help you identify what feels good, what feels awkward and where you can put some extra attention! Session can also be used in a taper to a smaller deload before a performance phase.

**TECHNICAL NOTES**

This session is a reminder to schedule some deload into your training. Deload can either be full cessation of training or a reduction in intensity and load to help your body recover both physically and mentally. Check out our deload masterclass on Deload to learn more about working deloads into your programming. Everyone is different and requires deloads in different ratios and periods. We recommend starting at a 1 week deload every 4-6 weeks of training for a non-periodised training cycle.

**SESSION BREAKDOWN**

EXAMPLE TIMING	Novice	Intermediate	Advanced	TRAINING NOTES
<b>Set 1</b> 10s x 3 Reps  5 Reps * 2  2 Boulders  20 Moves 20 Moves 20 Moves  5 Reps	Handstand Against Wall  Steep Wall Cut Feet  Perfect Repeats  (L) Hip In Traverse (R) Hip In Traverse Open Hip Traverse  Dynamic Wall On's  <b>Perform Set 1 TWICE</b>	Free Handstand Holds  Roof Cut Feet SILENT FEET  Perfect Repeat  (L) Hip In Traverse (R) Hip In Traverse Open Hip Traverse  Dynamic Wall On's  <b>Perform Set 1 Twice</b>	Planche into Free Handstand Hold  Roof Cut Feet DOUBLE Replace SILENT FEET  Perfect Repeat  (L) Hip In Traverse (R) Hip In Traverse Open Hip Traverse  Dynamic Wall On's  <b>Perform Set 1 Twice</b>	<p>Handstands are a good stretch for our flexors, help open up our shoulders and encourage stability through the upper limb in an antagonist way to our regular climbing. Having strong handstand form is a good way to reduce your risk of injury and keep balance in your shoulders, upper back and core.</p> <p>On steep / roof section of wall. Make one move, cut both feet and return them to the wall before making another move. Adv - Both feet have to return to the wall at the exact same time without making a sound.</p> <p>Repeat a boulder problem <b>approx 2 grades easier than onsight</b> until you perform every movement and sequence perfectly, no hesitation or repositioning hands or feet or feeling insecure.</p> <p>Traverse a wall section keeping a specific hip always in to the wall or with open hips (chest facing wall). Normal for one direction to feel more awkward - good to practice until both directions feel similar! Choose an easy wall segment - not about steepness or hold difficulty - more about confident movement. Meant to feel slightly unnatural!</p> <p>On a slab section of wall - quickly and dynamically step on to the wall and keep your balance using the worst hand or foot holds possible. Be careful. Advanced can do a dynamic movement on to the wall, then when over the feet launch to catch a high hold or jug.</p>
<b>Set 2</b> 3 Reps  3 Reps  3 Each Side	Left Hip in Dead Point with Step Through Vertical Wall  Right Hip in Dead Point with Step Through Vertical Wall  Heel Hook Technical Practice  <b>Perform Set 2 TWICE</b>	Left Hip in Dead Point with Step Through 20 Degree wall  Right Hip in Dead Point with Step Through 20 degree wall  Heel Hook One Arm Scaptions - moderate hold  <b>Perform Set 2 Twice</b>	Left Hip in Dead Point with Step Through Moonboard / System board 30 deg +  Right Hip in Dead Point with Step Through Moonboard / System board 30 deg +  Heel Hook One Arm Scaptions - small edge  <b>Perform Set 2 Twice</b>	<p style="text-align: center;"><b>Training Notes SET 2</b></p> <p>Left Example: Hip in deadpoints. Start with the outside of the left toe box on a high foot, left hip in against the wall and right foot flagged forwards. Left hand dead points to high hold causing extension of the left leg. Hold the tension and step through with the right foot until the right hip sits in against the wall. Jump off and repeat</p> <div style="text-align: center;">  </div> <p>From two holds or a hangboard - Dead hang and find a heel hook at the same height on one side. Practice Activating and weighting the heel to take some pressure off your arms. Engage the obliques and point the toe - lifting the knee up above the heel hook to really activate it. Drop down and perform on the other side. Rest between each if required. For int+ / adv when in the heel hook - drop one arm and lower on your shoulder. Slowly raise on your shoulder again and pause 1 second before placing the hand back on the board or hold.</p>

## Volume Breakdown

<b>WORKOUT ELEMENTS</b>	<b>DELOAD RELOAD</b>		
	Technical Skill Application, Deload		
<b>INTENSITY LEVEL</b>	<b>1</b>	<b>Combined Totals</b>	
<b>STRENGTH</b>	1	2	
<b>POWER</b>	1	2	
<b>ENDURANCE</b>	2	3	
		<b>7</b>	← VOLUME
<b>50% due to supplemental</b>		<b>3.5</b>	
<b>Reccomendation</b>			
Deload Technical Skills Application - Dedicated focused climbing skills session with LOW volume. Good for active rest, deload weeks or to taper down before performance climbing.			

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