



DESCRIPTION	<p>Set your 45 second timer, strap in and psych up because you are going to feel this one. Session is designed around a 45second OCCLUSION HANG which will burn up your earlier energy systems and leave you pulling from your aerobic power. The structured double rest intervals also encourage short term local and aerobic recovery systems to kick in quickly and adapt to the workload. The Work to Rest Ratios are important in this workout - modify intensity by hold and edge selection NOT by removing rests.</p>
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TECHNICAL NOTES	<p>THE OCCLUSION HANG IS VITAL – keep both arms engaged for the full duration. If you need to take off load do it by applying feet lightly to the ground. Do not shake one arm or use ON/OFF intermissions for the hang. Phase 2 is an active rest component for the occlusion sets. Pick moderate holds and try not to get back into hard pump – actively rest by shaking out on moderate holds if required. The boulder is a good chance to work some technical application skills while under duress / fatigue. Focus on Clean Movement and Body Position to counter the ever building pump!</p> <p>You can adjust the session by drawing from the easier columns or modifying hold selection. As noted in description - keep work to rest ratios in place where possible.</p>
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SESSION BREAKDOWN

TIMING	Novice	Intermediate	Advanced	TRAINING NOTES
PHASE 1 - PAIN				
45s	Dead Hang Bar / Big Edge	Dead Hang 30mm Edge	Dead Hang 20mm Edge	Occlusion - Don't One Arm Shake. (Can change to 7s/3s if pumped) Occlusion - Don't One Arm Shake Keep MOVING Keep MOVING
45s	Sloper Walks 7s ON 3s OFF	Sloper walks	SLOPER WALKS	
45s	Campus Walks 7s ON 3s OFF	Campus Walks	Campus Walks Small Rung	
45s	REST	REST	REST	
45s	REST	REST	REST	
45s	Dead Hang 30mm+	Dead Hang 20mm	Dead Hang <12mm	
45s	Moderate Scatter Wall	20 Degree Circuit	20 Degree Circuit	
45s	Easy Scatter Wall	20 Degree Circuit	20 Degree Circuit	
45s	REST	REST	REST	
45s	REST	REST	REST	
(7min 30sec)	PHASE 2	PHASE 2	PHASE 2	
PHASE 2 - REGAIN				
45s	Easy Circuit Continuous	Moderate Circuit Continuous	Moderate Circuit Continuous	> 10 Move Single Problem - complete ONCE then rest. > 10 Move Single Problem - complete ONCE then rest.
45s	Boulder 2 Grades < Flash	Boulder 2Grades < Flash	Boulder 2 Grades < Flash	
45s	REST	REST	REST	
45s	Easy Circuit	Moderate Circuit	Moderate Circuit	
45s	Boulder 2 Grades < Flash	Boulder 2Grades < Flash	Boulder 2 Grades < Flash	
45s	REST	REST	REST	
45s	REST	REST	REST	
(5min 15sec)	PHASE 1	PHASE 1	PHASE 1	
Sets	2 Sets	3 Sets	3 Sets	

Volume Breakdown

WORKOUT ELEMENTS		NO PAINS NO CHAINS		
		Aerobic Short Term Recovery, Aerobic Power, Technical Duress		
INTENSITY LEVEL	3	Combined Totals		
STRENGTH	1	4		
POWER	3	6		
ENDURANCE	2	5		
		15	<- VOLUME	
Reccomendation				Workout Volume
HIGH VOLUME SESSION. Best Value as a single SESSION Workout. Do not split session NO PAINS NO CHAINS. Recommend either Rest, ARCING Recovery or a Supplemental Session next day for most climbers.				< 9 LOW
				10-12 MODERATE
				> 13 HIGH