



Physical Training for Climbing 1

A one-day BMC workshop for people coaching climbing who have ideally already attended the BMC FUNdamentals of Climbing 1 and 2 Workshops. Broaden your knowledge of climbing training. The day covers both theory (physiology and anatomy related specifically to climbing) and also practical training sessions.

This workshop covers the following broad areas.

- Demands of the sport
- Energy systems required for climbing
- Basic physiology and anatomy
- Principles of training and creating adaptation
- Practical sessions on how to improve conditioning, strength and endurance

Please bring a rope, harness, belay device, climbing shoes and your chalk bag. You will be practising the training sessions and there will be some physical exertion required – potentially climbing near your limit! Climbing is not mandatory, but it will be of huge benefit to you if you do experience the training sessions.

BMC PARTICIPATION STATEMENT

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement

Workshop Cost: £75 for BMC members and £90 for non-members. Course fee includes wall entry fee, but not food or refreshments.



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Workshop programme

09.00	Arrival
09.30	Introductions Aims and objectives for the day
10.00	Demands of the sport Comparison to other sports Concepts of time and intensity Energy systems
10.45	Break
11.00	Physiology Muscle groups Anatomy of fingers and forearm
11.30	Principles of training How to create adaptation Types of training for climbing
12.00	Lunch
12.45	Introduction to practical application of theory Warming up
13.00	General conditioning Core, flexibility
13.30	Endurance Designing activities to improve endurance
14.15	Strength Endurance Designing activities to improve strength endurance
14.45	Break
15.00	Strength Designing activities to improve strength
15.45	Weekly session planning Putting your own sessions together
16.15	Case Study
16.45	Questions and Review