

Reach Your Peak

Presented by TRUBLUE Auto Belays



My Personal Training Program

Name: _____

Date Started: _____

Date Completed: _____

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Welcome!

If you've printed this packet, you're already one step closer to improving your climbing skills and bettering your personal fitness – congratulations!

Reach Your Peak is an eight-week training program that utilizes the TRUBLUE Auto Belay as an essential tool for climbers to reach their fitness goals. The program is designed to help any level of climber improve their overall health, improve endurance, rebound from life changing events such as pregnancy or injury, and to strengthen already existing skill-sets. Of course, there are other unintended side effects that have been seen from following this program. Some of the TRUBLUE team reported:

- Healthy weight-loss
- Overall feeling of increased “coolness”
- Newfound passion for climbing
- Wife started taking notice of toned and strong new physique
- Increased popularity from making new friends at the gym
- Less tired and sluggish at work
- Better nights of sleep
- And more!

If all those things sound like what you're looking for from your fitness program, then let's get started!

Why the TRUBLUE?

The TRUBLUE makes it easy to learn how to lead climb, work on your endurance, and improve your skills – all without a partner. The ability to climb safely alone makes it perfect to incorporate in a workout or fitness routine. Learn more about how the TRUBLUE can benefit climbers by visiting their website at www.autobelayer.com.



Welcome from the Reach Your Peak Team!



What You Need to Know Before Starting

If climbing is a new activity for you, then you'll want to read this page full of tips, resources, and the gear you'll need to participate in our program. You can also find a glossary of climbing terms at the back of this packet.

Resources:

Throughout training, you might find yourself wanting to learn a little more about climbing and the TRUBLUE Auto Belay. Here are some great climbing resources to get you started:

- Reach Your Peak Website: www.reachyourpeak.autobelayer.com
- Youtube Videos: www.YouTube.com/eldowalls
- Find a TRUBLUE Near You:
<http://reachyourpeak.autobelayer.com/find-a-trubblue-near-you/>
- Climbing Magazine: www.climbing.com
- The TRUBLUE Website: www.autobelayer.com

For your safety, always double check before climbing that you are properly clipped into the auto belay. Please ask a staff member at your facility if you need instructions or assistance with clipping in.

Gear needed:

- Journal, pen or pencil
- Climbing equipment (can usually be rented at your gym):
 - Harness
 - Shoes
 - Chalk and chalk bag
- Water bottle for staying hydrated

A note to beginner climbers:

- When climbing, all routes are marked off by colored tape. This is how you know which hand-holds to use as you are climbing.
- Chalk is recommended to help you grip even with sweaty palms! Chalk bags should be clipped to the back of your harness for easy access while on the wall.
- Routes in gyms start at 5.6 as the easiest level and get harder as you go up. At a certain point, routes may be assigned a (+) or (-) level along with their number, or even a, b, or c. A (+) is more difficult than a route without any mark, and a (-) is easier than a route without any mark. Similarly, if your gym uses abc instead of (+/-), a is easy, b is normal, and c is difficult (i.e. 5.10-, 5.10, 5.10+ = 5.10a, 5.10b, 5.10c).



BE AWARE:

Climbing is inherently dangerous. The equipment descriptions here are not meant to be an instructional booklet. Anyone using this gear is personally responsible for learning the proper techniques. All equipment specifications are the manufacturers. Climbing equipment is specifically designed for climbing only, has limitations, and must not be used for any other purposes. Improper use or misuse increases risk of injury, paralysis and death. Always consult with a doctor before beginning a new health and/or fitness routine. We recommend you speak with someone at the front desk at your climbing facility before attempting anything that you have never executed before.



Week One: Welcome to Your First Day

Welcome to your first day of training using the Reach Your Peak curriculum! Today marks the beginning of your eight week journey to better fitness and improved climbing skills using the TRUBLUE Auto Belay. You will start the first day with a self evaluation. This will give you a point of reference on week eight, when you look back on the progress and improvements you've made. You will also be keeping a journal throughout the training for the same purpose.



Before you begin:

Before you do anything (yes, before you even continue reading this page!) write down the highest level route you think you could successfully climb upon site without any practice first. Brand new to the sport? Don't worry about this step.

Now, think about your goal for the end of this eight week training period. What would you like to gain from this program? Increased endurance? How about the ability to climb more difficult routes? To learn to lead? Write down the goals you come up with.

Today's Lesson Plan:

Today will be a self evaluation. Take the route you thought you could on-site and go down a full grade in difficulty (so if you thought you could on-site a 5.9, start at a 5.8 or even lower). Each time you successfully climb a route, move up (+/-) step in difficulty. Give yourself exactly five minutes rest in between each climb. Record the number of climbs you are able to complete in one hour, as well as the highest difficulty you were able to complete.

Homework:

Take the highest level you successfully climbed today, remove a (+/-) grade, and climb routes at that level repeatedly until you fall off the wall twice in a row at or beneath the 2/3rds point. Between each climb, you must take a break exactly 5 minutes in length. For example, if the highest level route you climbed in training that day was a 5.9+, then you would climb a 5.9 for homework. If your local gym goes by abc levels instead of (+/-), this would be equivalent to climbing a 5.10c and taking it down to a 5.10b – a half grade jump. Be sure to reflect and record your day climbing – what was your greatest success? - your greatest challenge? Use these reflections to compare your last day of training against where you began.

Week Two: Stepping it up a Notch



We're done with making the primary assessment – now is the time to get technical and push your limits with endurance. You'll do a combination of two different exercises in this day's session, so be sure to warm up on a few routes below the highest grade you completed last week (your "fighting grade"). Remember, these should warm you up, not tire you out! If you get tired, let go, return to the floor, and relax a bit!

Today's Lesson Plan:

Today, you'll work on some technique for your toes! When you're climbing, you of course pay attention to which holds your feet are stepping on – but do you pay attention to how you step? Head to the bouldering wall for 20 minutes to practice your technique. Get on the wall and ignore the pre-set routes; all you want to do is traverse from one side to the other paying extra attention to your feet. The goal is to step on your hold directly – clean and efficient. Don't let your foot hit the wall and slide down to the hold, don't double tap as you try to place your foot multiple times until it is on just right. Work your hardest to get it so your foot placements are swift and accurate. A lot of this will also depend on your center of gravity – where are you on the wall? Are you stable? Many holds shift your body weight in a certain direction – be able to read this and work it to your advantage. For the rest of the remaining weeks of this program, you will be paying extra attention to your foot placing accuracy, so spend time on this and get comfortable with moving your feet on the wall!

After you've worked on that for about 20 minutes or so, hop back over to a TRUBLUE. Today is going to wear you out, so take a good five minute break in-between traversing and this next exercise.

Find a route at your fighting grade and clip into the TRUBLUE. Today, you're going to climb doubles. This means that as soon as you get to the top of the wall, you will let go, return to the ground, and immediately hop back on the same route and climb it again. No breaks in between your two consecutive climbs! If you need to chalk up or shake your arms out then do so on your descent – but no breaks on the wall or the ground to do so. Take a five minute rest in between doubles and climb again until you fall off the wall twice in a row at or under the 2/3rds mark.

Your Homework:

Continue climbing doubles at your fighting grade again, exactly as you climbed during your session. Remember, the most important focus shouldn't be speed; it should be your feet and paying attention to your center of gravity. Proper foot placement can easily make or break if you're going to reach that next hold, and if done well, you'll come to the table next week with some improved footing skills.

Week Three for the Beginner Climber: Learning to Lead

IMPORTANT: *If you are an experienced climber and are already comfortable leading, skip this page and continue reading to Week Three for the Seasoned Climber. If you are a new or intermediate climber, continue with this lesson plan for today.*

This week, you'll learn and practice how to lead climb*¹. Lead climbing is a style departure from top-rope climbing, what we've been doing so far. When you lead, you clip your rope into quick draws during your ascent. Lead climbing is a very popular style of climbing, especially amongst those who climb outdoors. It also provides an additional challenge to your workout, as you'll have to maneuver the rope while on the wall.

Today's Lesson Plan:

Today, you'll practice leading by climbing and clipping in on your way up, and you'll double your work-out by also down-climbing and unclipping your rope from the quick-draws on your way back down. First, approach your route and clip into your auto-belay. Then, tie a figure eight knot into your harness*². Finally, make sure your shoes are on tied and tight, and begin climbing. You'll probably want to practice clipping into a quick-draw before you get on the wall. There should be anchors set up low enough to the wall that you can stand and work on this skill. Never hesitate to ask staff at your gym for guidance, especially if you've never tied a figure eight before.

Your Homework:

Pick two days this week to repeat this day's session of up- and down-climbing while leading clipped into the auto belay. Take a five minute rest between each set, and record how many you can do before you fall off the wall two attempts in a row.



*¹To learn about lead climbing and clipping into draws, watch this video by [clicking the link](#) or scan the QR code above using your mobile device.



*²To learn how to tie a figure eight knot, watch [this video](#) from Climbing magazine by clicking the link or scan the QR code above using your mobile device.

Week Three for the Seasoned Climber: The Long Traverse

IMPORTANT: *If you are a new or intermediate climber and have not yet mastered the skill of leading, return to the previous page and continue with Week Three for the Beginner Climber. If you have already completed Week Three for the Beginner Climber, skip this page and continue to Week Four.*

Today is going to challenge your strength and endurance in a big way! It would be wise to spend at least 10 minutes warming up with some stretches and easy climbs. You'll want your muscles loose and ready to work before you begin!

Today's Lesson Plan:

Your task: traverse the entire gym in one hour – twice. You'll begin on one wall and traverse all the way around the gym, getting off the wall only where it is physically impossible to continue climbing (stairways, for example). When you get to the farthest end you can possibly travel to, reverse directions and make your return back to where you started. When you fall, you are allowed one minute of rest before you must get back on the wall. You are allowed to shake out and chalk up during this rest. Pay attention to your foot placement and your body's position on the wall! This exercise will increase your movement accuracy, comfort on the wall, and increase your endurance and stamina. Oh, and your strength will get a huge boost from this drill too – after a few times doing this, you'll feel strong as a bull!

Your Homework:

Come to the gym two more times this week before your next training session. At least one of those times, you must attempt your traverse again. Then, your other homework day will be doubles – but in a different way from last week. Instead of climbing up twice in a row, you'll climb up the wall, and



then you'll down-climb to return to the ground. While doing this, you will practice leading while on the TRUBLUE. Tie into a rope after you clip into the TRUBLUE and practice climbing and clipping in all the way to the top. Then, once you're at the top, you must down-climb and unclip your lead rope as you go. Once again, you get five minute breaks in between your climbs. Good luck!

Week Four: Back to the Beginning

We're at the middle of the program, so today will be a return to day one – with a slight twist. This training session should provide some valuable insight to your progress so far.

Today's Lesson Plan:

For this week's training session, you will return back to the same pattern as week one: start with a warm-up, then move up a (+/-) step in difficulty for each route you complete. Take a five minute rest in-between sets.

Every time you are successful, move up another step in difficulty. If you aren't successful (meaning that you didn't make it at least 2/3 up the wall), try the same level difficulty route again (not necessarily the same route if you don't want to, though). Fail twice, and move down a (+/-) step. The twist? You will be tied into a lead rope, clipping in as you move up the wall.

Since leading is a lot harder than top roping, don't be surprised to really work a sweat or to not complete the highest difficulty route you've ever done before.

Do this after your workout:



Once you've finished today's work out, take a minute to grab your journal and reflect on how far you've come. How close are you to meeting your goal? Have you seen any progress? If not – why do you think that is?

At this point in training, you should be noticing some significant improvement. If you aren't, something needs to be adjusted. Are you truly challenging yourself? If you're flying up the walls with hardly a sweat, and if you never feel like you're pushing yourself to the limit, then you need to get on some harder routes. If you're doing all those things but only once a week, you might need to find time for more homework. Each day in the gym should be a challenge; you aren't doing yourself any favors if everything is too easy for you! Push your limits and work your butt off for best results.

Your Homework:

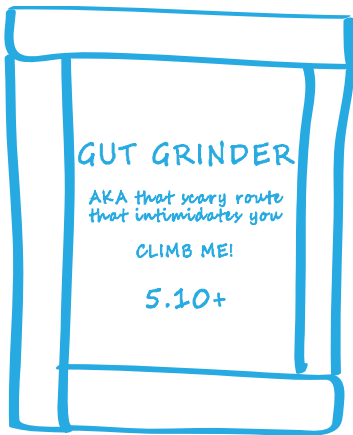
The priority for this week's homework is to have fun! Take one session to just go climbing and do whatever you want for an hour. Tackle whatever inspires you and have a good time. For your second session, go back to practicing your doubles. Repeat the assignment for week two, this time tied into the lead rope and continuing to work on clipping into quick-draws on the way up.

Week Five: Red-Pointing Challenge

For week five, you're going to be pushed to your limits. The objective for the day: red-pointing. If you aren't already familiar with the term, red-pointing is when you pick a problem route above your skill level and work it into submission.

Today's Lesson Plan:

Choose a route that is a step higher in difficulty than the highest grade you've completed so far (for example, if you've completed a 5.10, find a 5.10+). Spend your entire hour working this problem, but set a goal to never get tired-out or to fall off the wall. In order to do this, you are allowed to climb off-route to rest. In fact, you can even clip your harness into a quick-draw to really take a good break. **When unclipping from your rest, be sure that you are unclipping the quick-draw and not your TRUBLUE carabiner.** You won't necessarily successfully complete your route today, but you sure as heck should try to!



How to Choose the Right Route:

Choosing the right route for this project is very important – if you choose something that is far too difficult, you will set yourself up for failure and discouragement. If you go too easy, you won't be making any improvements. Up a (+/-) grade is usually a solid guideline, but use your best judgment. Routes can vary in difficulty depending on your strengths and the routesetter's choices. If the route you pick seems too easy, despite being a (+/-) higher, try a different route of the same level or move up. Conversely, if you can't even make two moves before falling off the wall, you might be

trying something a bit too hard. You want to be challenged, but you still want something that (eventually) you can complete!

Your Homework:

Homework this week should be spread out over three days, with different goals for each day:

1. Work on your problem route- kick your own butt, don't fall or let yourself get tired. Going off route is an acceptable thing to do. This homework assignment will be a repeat of today's training session.
2. Continue to practice lead-climbing via the method's of last week's homework: climb one, take a five minute rest, move up a step in difficulty, then repeat until you fall twice below the 2/3rds mark
3. Have a day of fun! Don't worry about any tasks or assignments; just enjoy a day in the gym

Week Six: Rock Solid

This week will be a test to see if you can complete the project you've been working on in your most recent homework. Then, it will be a challenge to see if you can get your route rock solid. Once that has been accomplished, you will move on to your next red-point project.

Today's Lesson Plan:

Today you will approach your challenge route again, this time with the objective to climb two laps on it in a row without falling off below the 2/3rds point. This will take a lot of endurance, so if you've only completed your route once or twice before, expect this to take some work before you are successful!

Once you are able to complete two laps without any rest in between climbs, it will be time to move on to a new project. The new project should be rated the same difficulty level, but a route that is new and unfamiliar to you. You will work on this route as you did your first red-point challenge, with the goal of being able to lap it twice without rest or help of any kind next week.

Your Homework:

The homework this week will be the same as it was last week, and trust us, you'll want to make sure you get all of the homework done before moving on to week seven.

1. Work on your problem route- kick your own butt, don't fall or let yourself get tired. Going off route is an acceptable thing to do. This homework assignment will be a repeat of today's training session.
2. Continue to practice lead-climbing via the method's of last week's homework: climb one, take a five minute rest, move up a step in difficulty, then repeat until you fall twice below the 2/3^{rds} mark
3. Have a day of fun! Don't worry about any tasks or assignments; just enjoy a day in the gym.

Now get out there and get climbing! Remember – the challenge is to climb a route difficulty that is a +/- higher than the highest grade you've ever completed before. So, if you can climb a 5.10 on the first try but not a 5.10+, your project is to work your butt off on a 5.10+. Be honest with yourself – if you're finding your red-point project easy, go up another level! Remember, you don't do yourself any favors by climbing something that's too easy, so push yourself to your limit and get a great workout!



Week Seven: Double the Fun

Today's session is going to be like week six on steroids. It's your last day of training before you test yourself, and you'll be attempting not only doubles, but triples on your red-point challenge route. Get ready to get a work out! Consider this your opportunity to start studying for your test next week – you'll be more challenged than you have been so far, but you'll be well prepared for the task ahead!

Today's Lesson Plan:

Today you'll be climbing on the same challenge route you were doing for homework. There are three different scenarios that will determine how you climb your route today, and each attempt could be climbed differently depending on how your first lap goes. Remember, give yourself a decent rest in-between climbs – the last thing you need it to be worn out and unable to move your arms after only 2 attempts. Read the different scenarios below before you start climbing, then climb away!

1. In the case that you successfully climb more than 2/3rds of your challenge route on your first lap, immediately jump back on it and try to complete it again, this time with open feet.
2. If you fall off below the 2/3rds point on your first attempt, immediately get back on the wall, climbing the next easiest route on your auto belay as the route was intended (so if you were on a 5.10 for your first lap, move to a 5.10- or the closest thing to it available to you without unclipping or taking a break).
3. If you fall off that route in step two below the 2/3rds point, attempt it again with open feet.
4. If you successfully complete step one, attempt a third climb on the next easiest route available on your auto belay.

Your Homework:

This was by far the most challenging day of training you've had yet, so reward yourself by making your most important day of homework your fun day. Climb whatever you want, however you want to. Then, take another day to continue the drill from today and beat it to submission. The next session is your final one and will be a self-assessment and test, so it's very important that you do not climb for an entire two days before starting week eight's lesson plan!



Week Eight: The Final Test

Today is your final session of Reach Your Peak Training on the TRUBLUE. Congratulations, you made it this far! For this session, you will test yourself to see the improvements you've made from day one. You've been preparing mentally and physically for the last seven weeks, and now it's time for the moment of truth!

Today's Lesson Plan:

The structure for this final exam will be the same as how you tested for the first class. Pick a warm-up route to try, something that is appropriate as a warm up for your current climbing skills (so if you warmed up on day one with a 5.7 and feel you've improved beyond that, you can feel free to warm up on a 5.8 or even 5.9 now). For every route you complete, wait five minutes before attempting to move up in difficulty. Don't stop until you fall off the wall twice from below the 2/3rds point up the wall. Be sure to record in your journal how many laps you were able to do before you fell off the wall and what level was your highest achieved difficulty.

How Did You Do?

Congratulations – you've completed eight weeks of training and have hopefully made it into the climbing gym at least three days a week, if not more, for the last two months. That makes a minimum of 22 days in a 50 day period – not too shabby! Flip through your journal back to day one and compare your progress from then to now. How did you do? What were your goals, and were you able to meet them?

Our climbers found that they improved by at least one grade of difficulty, and the difference in their stamina from week one to week eight was amazing. Most of the climbers in the Reach Your Peak group couldn't last the whole hour on day one, and by their test session they were actually being told they had to stop climbing because class-time was up. Success is only measured against yourself though – be proud of the steps you've made and how far you've come in your fitness in such a short period of time!



So Now What?

Well, homework is over, but that doesn't mean you're done with climbing! Keep getting on the rock, keep having fun. Try to climb no more than three days a week in order to keep your body in prime shape without over-working it. Remember, your body needs to recover, so you want to avoid being in the gym 5 days in a row. Your goals now will be to have fun and to always challenge yourself – improvement will come naturally from there.

Glossary of Climbing Terms

Top Rope Climbing

A style of climbing in which the rope used for belaying is connected to an anchored point at the top of the climber's route. All climbing done on the TRUBLUE Auto Belay is considered top rope climbing.

Lead Climbing

Is a style of climbing in which the climber leading the route attaches quickdraws or similar protection and clips their rope into it on the way up. This provides a fixed point that will catch the climber in case of a fall. In a gym, the quick draws are already installed in the wall and the climber practices leading by clipping into the already placed equipment.

Quick Draw

Also known as an extender, a quickdraw attaches to bolt anchors and provides a carabiner to clip your climbing rope into while you are lead climbing. These fixed points work to catch climbers in the case of a fall.

Down-Climb

To get to the top of a route and climb back down it instead of to let go and be lowered by your belay. This exercise increases strength, technical skills, and stamina.

Bouldering

A form of climbing that uses neither ropes nor harnesses. This type of climbing is done from low heights and padded mats are placed on the ground below the climber to protect in the incidence of a fall. Most climbing gyms have specified areas dedicated to this type of climbing, though you can practice on any route as long as you do not climb higher than approximately 12 – 15 feet and have the proper padded protection on the ground below you.

Traversing

To climb across the wall horizontally instead of up the wall vertically. You can practice traversing on any kind of wall, bouldering or otherwise.

Red Point

To work through a route that is of a harder difficulty than you can successfully climb. For example, if a 5.10 is the hardest route you can climb, to work on a 5.10+ project would be considered red-pointing.

On-Site

To successfully complete a route on your first try without ever having climbed on it before, thereby having no practice prior to the climb.

