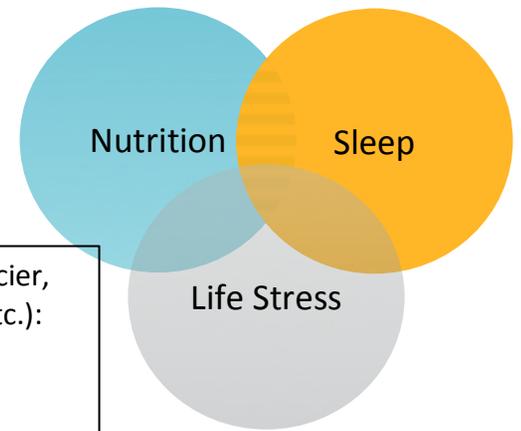


## Training and Conditioning for Climbing:

# GOALS WORKSHEET



Short-term goal (one month from today):

Currently, my STRENGTHS include (skills: rock, glacier, snow, etc.; fitness: cardio, strength, endurance, etc.):

Long-term goal (start/middle of summer):

Some AREAS FOR GROWTH I am excited to work on are:

Questions I have about training and conditioning:

Activities (specific or general):

	Transition Period (8 weeks)	Base Period (8 weeks)	Specific Period (4 weeks)	Taper (2 weeks)	CLIMBING GOAL: (Date and Objective)
	General strength, flexibility, coordination	Max strength, Z2 aerobic, technical skills	Goal-specific movement, strength, endurance, skills		