



ASCA TRAINING SUMMARY

Location		
Price	30/ LESSON	
Duration	3 HOURS	weekdays
	4 HOURS	weekends

Days		
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	

Lesson 1	Introduction to climbing	
	Free Boulder	
	Technique 01: drop knee	

Lesson 2	Highwall top rope	10 Routes
	Endurance	

Lesson 3	Strength and conditioning (power)	
	Push ups	10 Sets of 10 (BODYWEIGHT)
	Pull ups	
	Dips	

Lesson 4	Boulder	
	Endurance	
	Technique 02: sit in	
	Technique 03: heel hook	
	Technique 04: toe hook	

Lesson 5	Highwall	
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Lesson 6	Strength and Conditioning (core)	
	Leg raises	5 Sets of 10 (BODYWEIGHT)

	Crunches	
	Back raises	

Lesson 7	<i>Boulder competition</i>
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Lesson 8	Highwall
	Chill

Lesson 9	Hangboard Workouts	10s Dead hang
		Frenchies 7s
	Campus Board Workouts	Ladders
		Offset Pullups
		Frenchies 7s

Lesson 10	<i>Fun climb</i>
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