

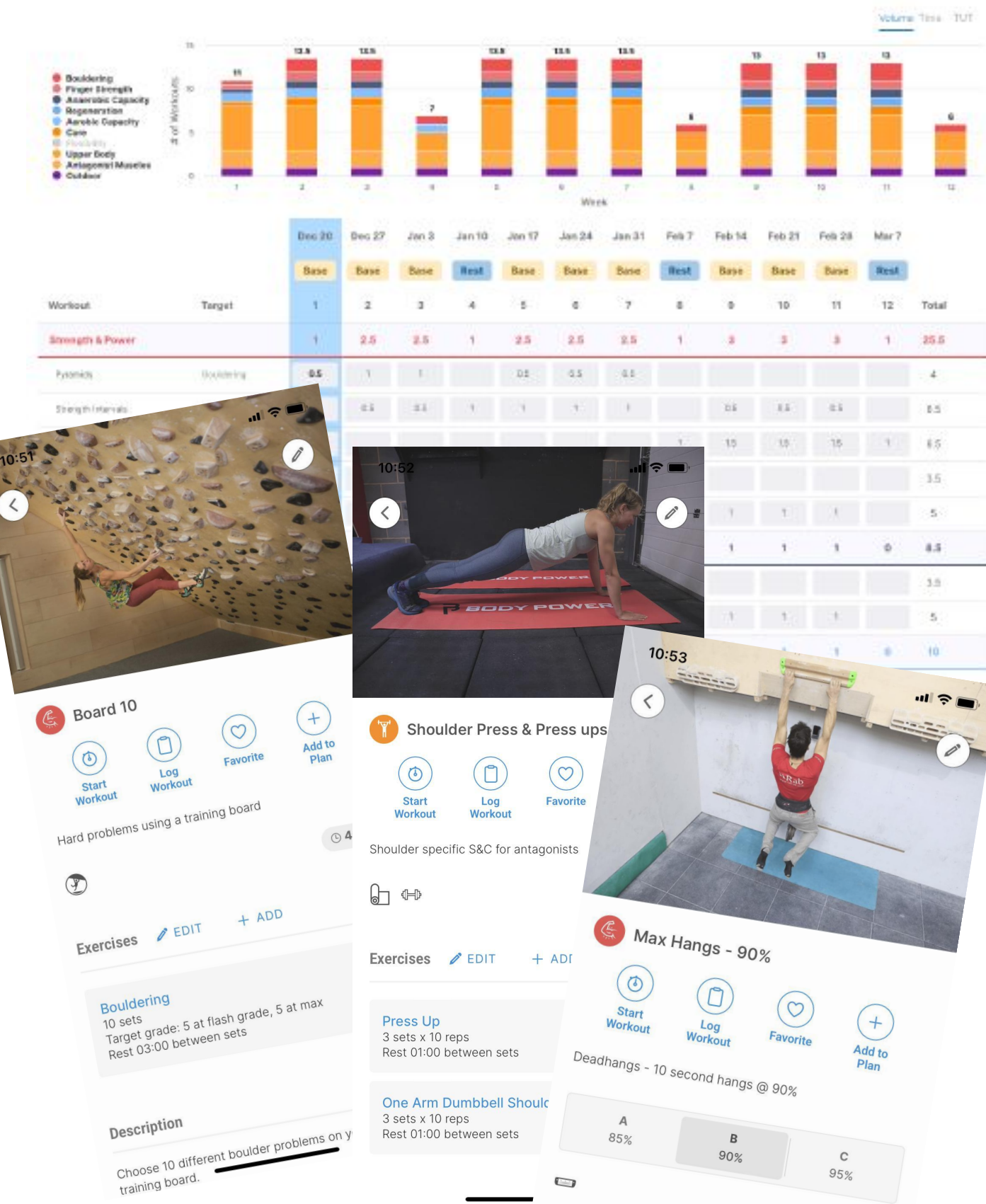
Training at Home

**How to adapt your Lattice Training Plan to suit a
reduction in available facilities**

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A Guide to Adapting your Lattice Training Plan



Your Lattice Training plan has been created to work around your lifestyle with your needs, goals and facilities in mind. With many facilities closing due to Lockdowns you may need to adapt your training to create the same physiological adaptations whilst using a limited selection of equipment. The most common circumstance could be a restriction to what is available at home; such as fingerboards, pull up bars, simple weights and floor space. For a short period, this setup can more than accommodate for most climbers needs.

Training sessions in Lattice Training plans offer a wide range of exercises which are designed to target different energy systems using climbing specific movements. These workouts will train the specific muscles that determine climbing performance. Using just a fingerboard and basic equipment at home you can exchange workouts to create the correct training stimulus. This document will help explain how to make the correct alterations to your plan and how to schedule for home training.

A Cautionary Note Before You Start...

Changing all of your planned training from a majority of “on the wall” sessions to now being done exclusively at home “off the wall” is not a completely simple switch for your body. There are some major notes of caution we would like to make you explicitly aware of before getting started.

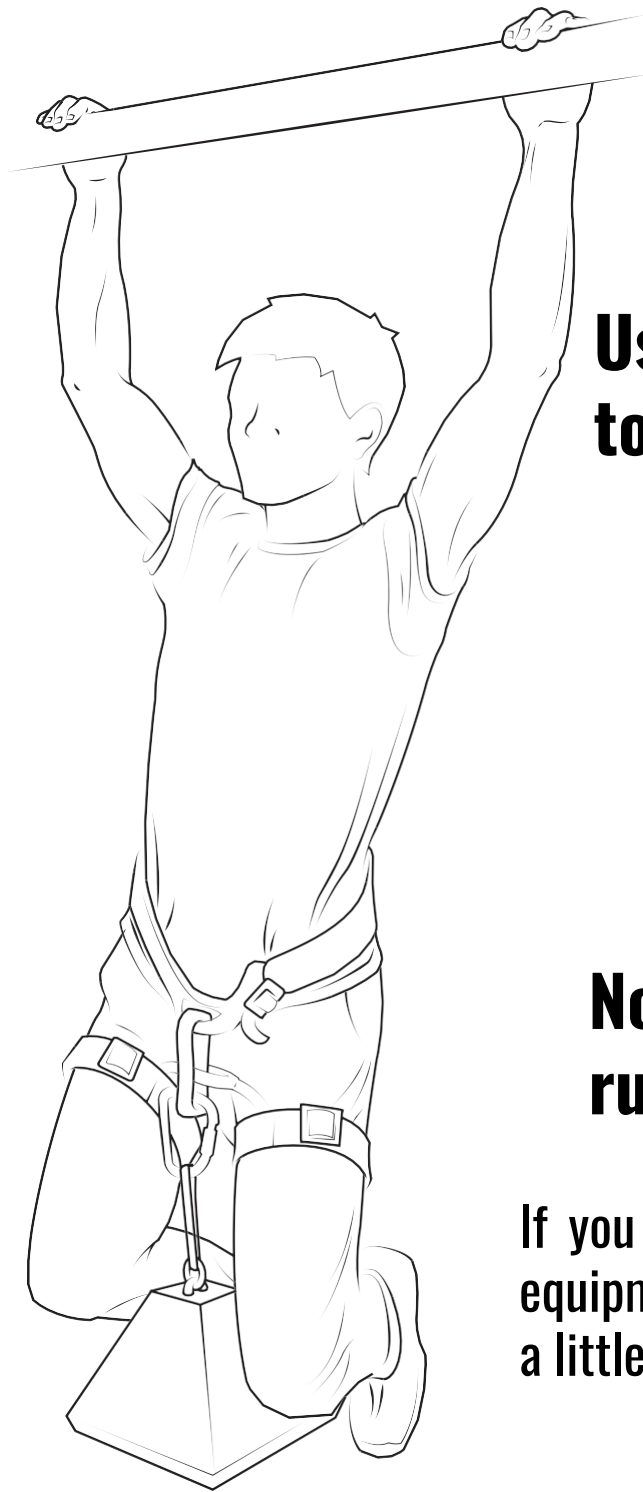
1. **Overhead work** - Climbing involves large movement patterns which work your muscles through a significant range of movement and intensities. This reduces the load of training in one set position. If you switch your training from climbing to only fingerboard work, your shoulders and arms will be spending a significantly increased amount of time in an overhead position which can create tightness and niggles in your upper body and arms. To reduce this risk, make sure to warm up your thoroughly, shake your arms out between reps and also look for alternatives to overhead fingerboard work (see page 8).
2. **Adaptations to fingerboard only training** - Your fingers will be used to holding a variety of grip positions, angles and sizes of holds whilst climbing. On a fingerboard this may seem a little more restricted. It is important to keep mixing up grip positions and even the holds used wherever possible to reduce the overload in one specific position. Make sure to stop training if you feel any discomfort in a particular grip position and to reduce the loads when using positions which you are less adapted too.
3. **Total workloads** - The overall stress on your body during a full body exercise such as climbing can be extremely high. This creates a full body fatiguing effect which is easy to monitor and helps you manage exertion. If you are now restricted to training at home, your overall workload might reduce which can make you feel as though you have excess energy. It is important that you do not over train using a fingerboard or conditioning exercises to make up for this. As the movements and positions are more repetitive and use less muscles in one exercise you should not always reach the same levels of fatigue. Focus on accomplishing the correct feelings described in the workout descriptions and avoid doing more than is in your plan.

What climbing sessions can I switch out for fingerboard & conditioning alternatives?

Climbing based	Alternative	Climbing based	Alternative	Climbing based	Alternative
Boulder campus	Variable grip + power pulls	Linked Boulder	80% repeaters + pull ups OTM (0.5)	Aero 4s	40% repeaters + stabilizer con
Campus	Max hangs (0.5) + power pulls	Boulder Triples	80% repeaters + pull ups OTM (0.5)	50-50	40% repeaters + stabilizer con
Wide boy ladders	Wide pull ups	6in6	70% repeaters + pull ups OTM (0.5)	1 on 1 off	40% repeaters + stabilizer con
Board 10	Small edges + weighted pull ups	Broken redpoint	70% repeaters + pull ups OTM (0.5)	LB 1-2s	40% repeaters + stabilizer con
Pyramids	Max hangs + pull ups on the minutes	Capacity Power	50% repeaters + core	Drop intervals	35% repeaters + stabilizer con
Strength Intervals	Max hangs + weighted pull ups	Campus Laddering	50% repeaters + core	Continuity	30% repeaters
LB Broken repeats	Max hangs + pull ups on the minutes	Route Pyramids	50% repeaters + core	Arc session	30% repeaters
Comp bouldering	Max hangs + weighted pull ups	Boulder intervals	50% repeaters (0.5) + core		
Style triad	Max hangs + pull ups on the minutes	LB broken sets	50% repeaters (0.5) + core		
		Broken Quarters	50% repeaters (0.5) + core		

PLEASE NOTE: We have added some new “Corona-related” sessions into the Crimpd app so you may not see these options on your original Lite Plan PDF. They are inside of the Crimpd App though!

What if I don't have a pulley set up or weights?




You can still train many of the fingerboard sessions using a few modifications to your home set up. The loads might not be exactly correct BUT the main focus should be on the feeling of the workout. Please make sure to refer to the workout descriptions to help you find the right feeling of the intensity.

Use a foot placement instead of a counterweight pulley system to remove weight from your body

Many energy systems sessions require you to remove weight from your body so that you can hang at a low enough intensity to complete the desired sets and reps. For example, for a 40% repeater aerocap session, most climbers will need to remove significant weight from their bodies to complete the workout. If you do not have a pulley set up, use the assistance of therabands or foot placement to reduce load on the fingers. Putting one foot on a chair is a great way to do this and just requires adjustments to your body position to hit the correct intensity.

No weights? Use climbing equipment or a rucksack of household item...

If you do not have any additional weights to increase load we recommend using a bag of equipment from a normal climbing harness or in a rucksack. Though the actual loads may take a little bit of guesswork, you can still create the same intensity of training using this method.

A person wearing a blue t-shirt and olive green pants is holding a portable fingerboard in their right hand. The fingerboard is a light-colored wooden cross shape with a red and blue rope tied around its center. A black weight plate is attached to the bottom of the rope. The background is a dark, textured surface.

If you cannot hang a fingerboard up in your house try to use a portable fingerboard or a travel bloc

Once again, the weights and grip positions used will need some experimentation but with practice this can become your key to training anywhere in the world!

Understanding How to Structure Your Week

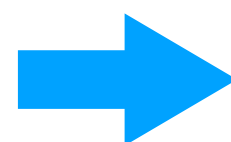
Step 1: Order your training intensity. You must complete your most intense (strength) training on a fingerboard at the start of sessions when warmed up and fresh. Endurance and general conditioning can come after this.

Step 2: Prioritise adequate rest. You must plan your week so that strength-based sessions are started when fully recovered from previous sessions. Typically a hard strength session will require at least 48-72 hrs rest from the previous strength session.

**High intensity:
complete first
and rest well!**

Max Hangs - 95%	Finger Strength	1	1	1	
Open Grip Max Hangs - 90%	Finger Strength		1	1	
Open Grip Testing Session	Finger Strength	1			
Wrist Curl Hypertrophy	Finger Strength	1	1	1	0.5
Open Grip 7:3s 30%	Regeneration	0.5	0.5	0.5	0.5
Open Grip 7:3s 40%	Aerobic Capacity	0.5	0.5	0.5	

**Lower intensity
aerobic work can
be completed later
in sessions**




**Example week?
How do I spread my sessions?**

Workouts

SCHEDULE

MONDAY

0 / 1




Open Grip Testing Session

4 finger open grip strength testing session

2

20

0 / 1




Bar Core - C

A challenging core work out using a pull up bar

3

20

0 / 1




Shoulder shrugs - FB

Shoulder shrugs whilst dead hanging on a finger board

1

10

0 / 1



Shoulder Press & Press ups


Shoulder specific S&C for antagonists

4

10

WEDNESDAY

0 / 1




Max Hangs - 95%

Deadhangs - 10 second hangs @ 95%

2

20

0 / 0.5




Open Grip 7:3s 30%

Open grip deadhang repeaters - 7 secs hang, 3 secs rest @30%

4

30

0 / 1




Active Hip Mobility - B

Hip mobility training to develop strength in a bigger range of movement

5

25

0 / 1



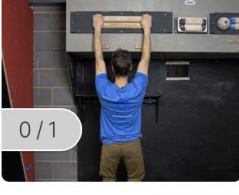
Bicep Curls - C

Bicep Curls - 5 sets of 3 reps

3

20

0 / 1



Shoulder shrugs - FB


Shoulder shrugs whilst dead hanging on a finger board

1

10

THURSDAY

0 / 1



Yoga


Unstructured yoga cross-training workout

1

5

FRIDAY

0 / 1




7:3s 80%

Deadhang repeaters - 7 sec hang, 3 sec rest @80%

1

25

0 / 0.5




Open Grip 7:3s 40%

Open grip deadhang repeaters - 7 secs hang, 3 secs rest @40%

2

20

0 / 1




Bar Core - C

A challenging core work out using a pull up bar

3

20

0 / 1



Press and Row


4 sets of 6 reps on each side

4

25

SATURDAY

0 / 1




Wrist Curl Hypertrophy

10 sets of heavy flexor curls with minimal rest

1

10

0 / 1



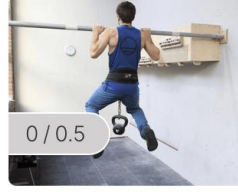
Active Hip Mobility - B

Hip mobility training to develop strength in a bigger range of movement

4

25

0 / 0.5




Weighted Pull Ups - 95%

4 pull ups x 4 sets at 95% of two rep max

2

15

0 / 1



Shoulder Press & Press ups

Shoulder specific S&C for antagonists

3

10

Building a sample week

You can mix up grip positions during repeater workouts



Whilst completing repeater style fingerboard workouts, it is useful to mix up the grip positions used between sets. This may mean that one set is completed in an open position whilst another is completed in half crimp. Please only use grip positions which you are comfortable with and do not cause pain. Remember to adjust the load according to the grip position in use!



Open 4 - Four finger open grip position

- Index finger is straight/nearly straight
- Middle two fingers 150-90 degrees bent
- Pinkie normally nearly straight

Half 4 - Four finger half crimp grip position

- Index finger is at 90 degrees
- Middle two fingers 80-90 degrees
- Pinkie slightly bent. This can vary hugely depending on morphology!



Note the use of the thumb wrap and more aggressively closed angles within grip position

Full Crimp - Four finger full crimp with thumb wrap

- We do **not** recommend this position for training on the Lattice Fingerboard Plan or Lite Plans

Frequently asked questions - if you still are confused let us know!

Can I complete repeater workouts after max hangs?

The answer is yes BUT its best if you can split these onto different days. If you do complete max hangs first, try to rest at least 10-15 minutes before a repeater workout or split the two sessions into a morning and evening workout. Ideally complete max hangs then anaerobic workouts on the same day. Keep aerobic power workouts separate if possible. Aerobic capacity repeaters can be completed after either sessions but once again, they are best done on a separate day.

What can I do on rest days and weeks?

Rest days should be used for recovery in order to make the adaptations you want. Make sure to eat well and stick to lighter physical activities if possible. Rest weeks are relative REST weeks! Just because you don't have lots of training, don't go bonkers and get too tired doing other things. It is essential that in your rest weeks you are completing **no fingerboarding**

What's the best way to plan my week?

Each person will have a different schedule to work around. This is why the coaches have provided what session you need to complete within a given week but not when to complete them. Based on your answers the coaches will have provided as much training as your schedule will allow. Please refer to the planning your week page for further guidance.

What if I have spare time or want to do more fingerboarding in addition?

If you have spare time, then we recommend focusing your efforts away from the fingerboard. This plan is followed under the assumption that you are only completing our guided sessions as we cannot know or plan for additional ad hoc fingerboard or manage the training loads. With the addition of extra fingerboard time, we would highly recommend focussing any extra efforts on conditioning.

What if a certain grip position is aggravating?

Firstly, stop using this particular grip position and then contact the Lattice team immediately on the email you were originally sent the plan from. Its good to mix up grip position in training but it is essential you reduce the loads of weaker positions and only use them if they do not cause discomfort beyond a normal training stimulus.