

NEWSLETTER

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PHOTO: NANNA BRANDT CLIMBING ÅDDEA AT URDVIKI, NORWAY.

TESTING FINGER STRENGTH WITH DATA ANALYST REMUS KNOWLES

Tracking progress in your training is essential so you know if your training is working or whether it's time to change things up; but how best to test yourself?

The classic example is measuring finger strength on the fingerboard. Sounds obvious, but how does it work in practice? Should you use one arm or two arm hangs? Half crimp? Open grip? What edge works best?

The key thing to remember is to keep your testing as consistent as possible. You want to make sure you are measuring changes in your physical profile rather than changes in your setup. For example, we've tested different pulley setups for testing one arm hangs and there can be a lot of variation. In some cases there was as much as 5.5kg difference between the best and worst setups, so just by switching pulleys you could make huge 'gains'!

Some factors we've found to have a big influence are using an edge that doesn't depend on having good skin, testing on the same edge whenever possible, keeping your warm up consistent and of course keeping the testing protocol itself consistent (by using the Finger Strength Testing session in the Crimpd app for example).

GET INVOLVED?

If you have any feedback, great photos, success stories or climbing topics you would like discussed in our upcoming newsletters, please get in touch at newsletter@latticetraining.com

DISCUSSION: THE PRINCIPLES OF TAPERING

With some people in full swing of peak season and others putting in the work for send-tomber, I thought it might be interesting to discuss some of the key points of tapering. If this term is new to you or you are a little unclear, tapering is the principle of reducing training load before a competition, performance or climbing trip. The aim being to allow for recovery from training fatigue. The outcome being; to improved performance, which may be attributable to more complete muscle recovery, greater neural activation, and an enhanced anabolic environment. The effectiveness of tapering is well documented in endurance and power sports, it is therefore important we apply the principles to our sport too.

METHODS OF TAPERING

The variables we change to allow a training load reduction in a taper are; change in intensity, training volume and taper duration. Training load should equal 30-70% of the previous training load used for adaptation. The rate and structure in which load decrease will vary. Look for exponential, stepped and linear tapers, however no one is superior, and an individualised approach will always provide an optimal outcome for the climber when considering the climbers training history, specific goals and performance practices.

During a taper, exercises should become performance specific. This includes movements, energy systems and the exclusion of accessory exercises. Training intensity is increased, and volume-based work is removed from training. At 2-4 days before competition or a trip, all training ceases. For climbing this is a good time to mentally recover and prepare good skin.

CONSIDERATIONS

Athlete with a higher overall workload and especially those with more volume-based work will need a longer taper period. For example, a big wall climber may take up to 14 days to taper whereas a boulderer may just use 8-6 days. Mental fatigue should be considered as a performance factor too. Individuals with a lot of life stress i.e. busy work life or poor sleep will need a longer taper period.

COACH CONTRIBUTION: JOSH HADLEY

DEVELOPMENT & RESEARCH

There's been a couple of exciting progressions this month at Lattice! Firstly, Jen Wood is joining the team as our latest coach. Jen is a GB competition climber with an extensive history of training, progression and coaching. Secondly, Dave Giles will be taking on a more comprehensive role in the research and development of products and services. Dave will be focusing on the development of the new [Digital Research Rung](#), and on data interpretation within our assessment protocols - from the Lattice Board to critical force testing. Great stuff!

