



PHOTO CREDIT: ROBERT ABBOTT

ATHLETE TESTIMONIAL

I'm turning 42 tomorrow, not getting any younger. Spend most of my time chasing after my 2 year old and too much time at night being woken by our 6 month old. I had my first day on rock of the year with a mate as a birthday excuse, so we headed to Gouther in the Lakes. Never been before and a small venue but the quality is high and the setting idyllic.

Short version; climbed 4 Font 7's in a day, by my standards a record. My first 7A flash, another 7A (went down as a warm up), 7A+ and a hard 7B. Also came really close to a 7B/+ but it was the end of the day and I was spent. Absolutely my most successful single bouldering day out. Have climbed the odd harder grade in years past but only after epic sieges of weeks/months, but certainly not been near this level since the kids arrived, and have flat out never climbed stuff this quickly or had that sort of capacity.

Totally psyched the training is paying off, and just had a lot of fun.

So, a big thank you, and here's to more!

- Ian Cattantch (Lattice Premium Client)



DISCUSSION: INTERNAL AND EXTERNAL TRAINING LOAD

I believe this is a particularly important topic in climbing training. It will help solve the question of "what grade should I be climbing for [insert session]". First let's define internal and external training load with an example. In this example we have two climbers, climber A and climber B. Climber A can consistently send V7 in a session, whereas climber B sends V5 in the same amount of time. If they both climb the same V3 for 4 reps with no rest in between, they have performed the same **external** training load. However, climber B was having a harder time. If we then looked at climber B's heart rate or ask them about level of pump it is likely higher than climber A. This means climber B is experiencing a higher **internal** training load.

Fairly simple so far? It should be relatively straightforward to measure and prescribe external load in our training. Internal training load takes more consideration. Now let's throw in some common variables and make things a bit more complicated, because, well climbing is! Now let's say the V3 route mentioned is long, technical and the perfect match for climber B's skill set. Climber B is also a fit sport climber with a high anaerobic capacity. Climber A, on the other hand, hates technical climbing and is most proud of his max pull strength. In this case if we measured heart rate, pump level or perceived effort the gap between the two climbers is likely much smaller despite differences in max grade.

Why is this important? Internal training load is just as important as external load, if not more so. You should consider your internal training load when climbing because this may answer those questions of why an exercise feels too easy or too hard. It may also save some frustration on the part of route setting or grade consistency. *It really depends on the difficulty that the climb represents to you, not the grade.*

Training Tip: RPE (rating of perceived exertion: scale 1-10) is commonly used across several sports, from long distance running to power lifting. It provides a subjective but very useful measure of internal training load. Ask yourself "how hard did that feel" and score it out of 10. Keep this in mind or even log it in your training journal. If your light AeroCap session is pushing an RPE of 6, you should tell yourself to drop the grade, even if it doesn't match your grade expectations.

Coach contribution: Josh Hadley

DEVELOPMENT & RESEARCH

As ever there's lots going on in the Lattice world! This month we've had Josh Hadley, our Research Associate, return from his Canadian coaching and travel adventures. Ella Russell and Maddy Cope have both increased the scope of their coaching work within the team; and we've also had Dr Dave Giles join the research side of Lattice. Excitingly, Dave will be leading the development work with the digital fingerboard and we'll be installing these this summer with a number of research partners. We could write more, but there's no more space!

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@latticeclimbing.com

