



week one and two climbing calendar detail



week seven and eight climbing calendar detail

TRAIN TO CLIMB CALENDAR

SPECIFICS

- Responsible for information, concept and design.
- An eight week fitness routine for climbers to increase their strength, skill and technique. The grid of the calendar progresses from simple to more complex from the bottom to the top, reflecting the difficulty and complexity of the workouts. The weeks are color coordinated based upon the type of training and the results anticipated. The individual days are different colors and icons represent the different types of workouts done throughout the week.



climbing calendar • 19"x 39"