

# **Physical Training for Climbing 2:**

## **Workshop Descriptor**

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## **1 Aim**

The aim of the Physical Training 2 workshop is to make climbing coaches aware of:

- Theory behind physical training on an advanced level
- Practical sessions for programme design
- Practical sessions for conditioning, anaerobic and aerobic capacity and power

## **2 Introduction**

This workshop has been designed to give coaches an advanced understanding of physical training in climbing. This course follows on from Physical Training 1 workshop, which covered basic physical training. As a climber progresses through the mid to upper grades the focus is crucially on these areas. Given that a good grounding has been established in the physical elements of strength, endurance and general conditioning, the climber will then begin to employ advanced training theory and practices to bring about further performance changes.

This workshop covers knowledge at an advanced level and is suitable for coaches and instructors aiming to complete the Performance Coach award. At this level the coach will work with clients unsupervised and deliver training sessions and annual plans, for which an understanding of their purpose is necessary.

There is an effective mix of theory and practical sessions meaning you will leave the two day with the why and how.

The Physical Training 2 workshop does not have such a clear focus on children as the principles of training are the same for any age of climber. However in the course we will consider the age appropriateness of the training sessions we cover and offer guidance.

This workshop is taught at indoor climbing walls, and designed for anyone who currently coaches climbing, or aims to coach, and wishes to develop their physical training knowledge. For example, you may:

- currently hold a governing body award such as SPA, CWA or MIA and wish to develop your understanding of advanced climbing training.
- assist in climbing coaching in your local to national performance squad, and wish to develop your knowledge in more depth.

### **3 Learning Outcomes**

By attending the Physical Training 2 workshop, you will be able to:

1. Identify and explain how physiology contributes to performance in climbing activities
2. Describe the specific demands of the sport and how these impact on creating effective training programmes
3. Identify and explain advanced concepts and processes in human energy metabolism and explain the physiological basis of fatigue
4. Identify and describe the structure, function, and adaptations of muscle
5. Design, deliver and evaluate a safe and effective evidenced based periodised training programme for an individual or group
6. Discuss and evaluate the implications of inappropriate use of training in climbing and outline effective preventative management strategies

### **4 Indicative Course Content**

The following broad areas are covered in the Physical Training 2 workshop:

- The demands of the sport
- Energy systems, adaptation and their relation to types of training
- Advanced muscular physiology and anatomy
- Principles of periodised training
- Training programme design process
- Practical sessions for conditioning, anaerobic and aerobic capacity and power

See the “Guidance Notes” document for further detail.

### **5 Structure**

The Physical Training 2 workshop is a minimum of 14 hours long. The workshop is taught at indoor climbing walls, including both bouldering and roped climbing areas. Information will be provided in the following ways:

- Presentations
- Demonstrations
- Discussions
- Written resources

## **6 Teaching and Assessment Strategy**

The learning strategy will encompass learning by doing, learning with understanding and problem based learning to actively engage you in the process of investigation and with the acquisition of knowledge and key skills required to support it.

The teaching and assessment strategy incorporates formative assessment as a means of guiding you towards the attainment of the learning outcomes. As part of the formative assessment you will be encouraged to reflect upon your personal development.

There is no summative assessment resulting in a pass or fail. However, you will put into action what is being taught and you will receive verbal feedback throughout. By the end of the workshop you should have a picture of how you can apply the techniques and skills you have learnt in your own work. The more you put into the workshop, the more you will get out of it. The Physical Training 2 workshop will be acceptable as evidence of accredited prior learning for local and national coaching qualifications.

There is an emphasis on practical learning through 'doing', and so you will be encouraged to share personal experiences in order to increase learning within the group. You will spend a large part of the day doing practical sessions in groups and pairs, providing the opportunity to explore training concepts in peer groups.

A certificate of attendance will be awarded by a National Mountaineering Council.

## **7 Eligibility**

In order to attend a Physical Training 2 workshop you do not need any formal climbing qualifications (however they can be beneficial). Participants are required to have some climbing experience and will benefit most if they have already attended the FUNDamentals of Climbing 1 and 2 Workshops. However, prior attendance of physical training 1 is mandatory. You should have an interest in developing your climbing coaching skills. The minimum age for attendance is 14 years old.

Your personal climbing ability or technical competence is not a focus. However you must be able to put a harness on, tie in and belay, and to get the most out of the course lead climb at French 7a and V5 minimum.

Any experience you have previously gained through teaching others will help you gain more from the day in terms of being able to reflect on what is being covered during the course.

## **8 Resources**

See the electronic Physical Training 2 workshop pack