Training and Climbing Macrocycle

Name / Year		Training Objectives and Seasonal Climbing Goals																																																			
Month		Ja			Feb Mar							Apr					May			Jun					Jı				Aug				Sep				Oct				Nov				Dec								
Week	1	2	3	4 5	6	7	8	9	10	11	12	13	14	1 15	5 1	6 1	7 1	18	19	20	21	22	23	24	25	5 26	6 2	7 2	8 2	9 3	30	31	32	33	34	35	36	37	38	39	40	41	42	2 4	3 44	4!	5 46	6 4	7 48	49	50	51	52
Climbing / stamina																																																					
Mx strength & power Anaerobic endurance																																																					
Anaerobic endurance																																																					_
⊢ Rest																																																					
Total 7	Х)	х																																																		
number 6	х)	x			Х		1																				T																									
of days 5	х)	x >	(Х		1																				T																									
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week of 3	х	x x	x >	κ X		Х		1																				T																									
finger 2	х	x x	x >	κ X	х	Х		1																				T																									\Box
	х	x x	x >	κ X	х	Х		T										Ī																																			\Box
Benchmark achievements and notes																																																					