

Movement Gyms

12-Hours of Movement Misery Endurance Plan

Weeks 1 – 8 Focus: Strength Building & Deload

Week 1 – Week 7

- M: Warmup, 4x4s, Hangboard
- W: Warmup, Density, Crosstraining
- F: Warmup, ARC, Hangboard

Week 8

- M: Crosstrain, ARC, Hangboard
- W: Warmup, Casual Climbing
- F: Warmup, Casual Climbing

Weeks 9 – 12 Focus: Reload & Peak

Weeks 9 – 11

- M: Warmup, 4x4s
- W: Warmup, Hangboard
- F: Warmup, Density Drills

Week 12

- M: Warmup, 4x4
- W: Warmup, Density Drills
- F: Crosstrain (light)



Key

4x4 – Sport Climbing, 4 routes 4 times each no rest between reps, 3-5 min rest between sets, progressive intensity (ex. 5.8 x4, rest, 5.10a x4, rest, 5.10c x4, rest, 5.11a x4)

Density– Bouldering, timed drill, rotate between 3-4 onsight level boulders for 10min straight, no rest between boulders, repeat until time is up, 2x10min w/10 min rest

ARC – Sport Climbing, timed drill, climb constantly for 30min straight (up and down and up and down), climb at an intensity that maintains a light pump, 2x30min w/30min rest, best done with a partner also doing ARC training

Crosstrain – standard weightlifting and cardio, don't forget the antagonist muscles, lifting for maintenance and health, not gains

Hangboard - 3 to 7 grip types (different sized edges, slopers, pockets), for each grip 7 sec on, 3 sec off x6, rest 2-3 min, move to next grip until all grips completed, rest 12-15min, repeat everything for 1-3 sets