THURSDAY REST / SICK DAY JUNE 25

R.S. ICE

FRIDAY JUNE 26

1) BOULDERING - LA MINA

WORKOUT: ONE ARM: 3/4: 1×1, 1Kg×1

TWO ARM: reg: 20 Kg×5, 40 Kg×2, 50 Kg×1

wide: 20 Kg×2×3

HANG: small: 20 Kg×30 sec×1, 50 sec, 40 sec, 30 sec ×2

ERECT ROW: 30 Kg×10

MILITARY PRESS: 30 Kg×10 STRETCH: 3 MIN

R.S. ICE

SATURDAY REST JUNG 27

DRIVE TO CUENCA

R.S. ICE

SUNDAY JUNE 28

1) BOULDERING - CIUDAD ENCANTADA

(2 NEW 5.11+ problems)

WORKOUT LIGHT PULLUPS AT GYM

STRETCHING

R.S. ICE

MONDAY REST JUNE 29

WORK AT BOREAL

R.S. ICE

TUESDAY AIRPLANE DAY JUNE 30

MADRID MIAMI LA VENTURA

R.S. ICE

WEDNESDAY JULY 1

WORK IN VENTURA (WOKE UP 4:15 AM!)

DRIVE TO YOSEMITE - IN BED AT 12:00 Am

R.S. ICE

J. LAG

THURSDAY JULY 2

1) RAWL DRIVE 5.9 solo
2) DIKE ROUTE 5.9 solo
3) BOULDERING, LAKE, KNOBS, GUNKS

WORKOUT ONE ARM: jump: 1×1 3/4: 1×1
TWO ARM: 18": 50 LB × 5
24": 25 LB × 5 36": 5 × 1
LADDER: 1×1
HANG: med: 30 SEC/MIN × 6
GOLIATH 3 MIN/3 × 1 STRETCHING: 5 MIN

R.S. ICE LAG

FRIDAY REST JULY 3

1) TRUCK N' DRIVE 5.10a solo
2) RAWL DRIVE 5.9 solo
3) COCONUTS 5.9 solo

R.S. ICE LAG

SATURDAY JULY 4

1) BACHAR'S REVENGE 5.9 solo
2) JUNE LAKE JUNCTION - BOULDERING WARM UP
3) NEW ROUTE - STUMPS 5.11 b 35 ft.
4) TRIFLE TOWER: 3×1, 1×1

R.S. ICE LAG

SUNDAY JULY 5

REST DAY
PHOTOGRAPHY: DAVE & BOOTS
TUOLUMNE

LAG

R.S. ICE

FRIDAY JULY 10

1) WARM UP GUNKS
2) WARM UP KNOBS
3) ATTEMPT NEW ROUTE : REDPOINT TO 3RD, PLACE 4TH
4) BOULDERING : DEADMAN 1
5) TRIFLE TOWER : 5×1

SLIGHT STRETCHING OF L. SHOULDER JOINT IN IRON CROSS POSITION – NO PAIN AT MOMENT OF TRAUMA, NOR LATER BUT STIFFENING & SWELLING AT TRIFLE TOWER & LATER AT NIGHT

R.S. & L.S. ICE

INITIAL LAYOFF L.S.

SATURDAY REST JULY 11

1) CUCAMONGA 5.9 solo

L.S. STIFF & PAINFUL NO WORKOUT/CLIMB
L.S. & R.S. ICE

ICE L.S.

SUNDAY REST JULY 12

1) EL CONDOR 5.8 SOLO

L.S. RS. ICE

ICE L.S.

MONDAY REST JULY 13

R.S. ICE

ICE L.S.

TUESDAY REST JULY 14

1) DIKE ROUTE 5.9 SOLO
2) CUCAMONGA 5.9 SOLO
R.S. ICE

ICE L.S.

WEDNESDAY JULY 15

1) GREAT PUMPKIN 5.8 SOLO
2) DIKE ROUTE 5.9 SOLO

R.S. ICE

ICE L.S.

THURSDAY — JULY 16

1) MAGICAL MYSTERY TOUR 5.9 SOLO
2) SOUTH CRACK 5.8 SOLO

REHAB EX R.S. & L.S., ICE

FRIDAY — JULY 17

1) DIKE ROUTE 5.9 SOLO
2) 15 MIN BOULDERING - DEADMAN'S

REHAB EX R.S. & L.S., ICE

SATURDAY — JULY 18

COMPLETE REST + REHAB EX
LEFT SHOULDER FEELS BETTER - LITTLE PAIN.
RIGHT SHOULDER ACTUALLY BOTHERS ME MORE - LESIONS MORE ESTABLISHED HERE.

SUNDAY — JULY 19

1) FINGERTIPS 5.10a solo
2) EL CONDOR 5.8 SOLO
3) GOLFER'S 5.7 SOLO
4) BACHAR'S R. 5.9 SOLO

ICE - R.S. & L.S.

MONDAY — JULY 20

1) BOULDERING - J.L. JUNCTION, D3

FIRST STEEP BOULDERING SINCE JULY 10.
ICE R.S. & L.S.

TUESDAY — JULY 21

1) CUCAMONGA 5.9 SOLO

REST
SAY GIG AT COCHRANE'S PARTY

ICE R.S. & L.S.

WEDNESDAY REST July 22

ICE R.S. & L.S.

THURSDAY July 23

1) GREAT CIRCLE 5.9 SOLO
2) FINGERTIPS 5.10a SOLO
3) TOMB OF U.C. 5.10b TR
4) 5.8 SOLO LEFT OF T.O.U.C.
5) EASY BOULDERING - KNOBS

WORKOUT WARMUP - SHOULDER CIRCLES, BUTTERFLY PULLEY
HANG: med: 30 sec/min x 6 min = 3:00 TOTAL
GOLIATH: 1 x 5 (SINGLES)
ICE R.S. & L.S.

FRIDAY REST ICE R.S. & L.S. July 24

SATURDAY July 25

1) GOLFER'S 5.7 SOLO
2) B's REVENGE 5.9 SOLO
3) BLACK WIDOW 5.9 SOLO
4) SHITHOOKS 5.10a SOLO
5) DIKE ROUTE 5.9 SOLO

WORKOUT warm up: shoulder circles, butterfly pulley
TWO ARM: reg: 5 x 5 HANG: med: 1:30, 1:00, :30
30 sec/min x 4 min = 2:00 TOT
GOLIATH: 4x1, 1x3
LADDER: 1x1 PAIN R.S.
ICE RS. & L.S. L.S. FEELS GOOD

SUNDAY REST July 26

1) 15 MIN EASY BOULDERING ICE RS & LS

MONDAY July 27

1) N.W. FACE LEMBERT 5.10a SOLO
2) BOULDERING - FAULTLINE MED HARD
3) TRIFLE TOWER 5.11d SOLO
PAIN R.S. L.S. FEELS GOOD
ICE RS & LS

TUESDAY — JULY 28

1) CUCAMONGA 5.9 SOLO

ICE RS & LS

WEDNESDAY — JULY 29

1) BOULDERING - DEADMAN'S 1
2) TRIFLE TOWER 5.11c SOLO x 2
3) BOULDERING - FAULT LINE AREA

ICE RS. & L.S.

THURSDAY — JULY 30

REST

ICE RS & LS

FRIDAY — JULY 31

1) REG ROUTE FAIRVIEW

ICE RS & LS

SATURDAY — AUG 1

1) GOLFER'S 5.7 SOLO
2) SHITHOOKS 5.10 SOLO
3) B's REVENGE 5.9 SOLO

ICE RS & LS

SUNDAY — AUG 2

1) GREAT PUMPKIN 5.8 SOLO
2) BOULDERING - J.L. JUNC., FAULT LINE, DM 1

WORKOUT

HANG: med: 30 SEC/MIN x 6 MIN = 3:00 TOT

SHOULDER REHAB EX = 10 MIN

ICE RS & LS

MONDAY COMPLETE REST AUG 3

ICE RS, LS

TUESDAY AUG 4

1) GOLFER'S 5.7 SOLO
2) SHITHOOKS 5.10a SOLO
3) B.'S REVENGE 5.9 SOLO

ICE RS, LS

WEDNESDAY AUG 5

FRESNO - 60,000 MILE CHECK

ICE RS, LS

THURSDAY AUG 6

1) TRUCK N' DRIVE 5.8 SOLO
2) CUCAMONGA 5.8 SOLO

ICE RS, LS

FRIDAY AUG 7

1) BLACK WIDOW 5.9 SOLO
2) SHITHOOKS 5.10a SOLO
3) BACHAR'S REVENGE 5.9 SOLO
4) AQUA KNOBBY 5.9 SOLO
5) DIKE ROUTE 5.9 SOLO
6) FINGERTIPS - DIRECT START 5.10b ON SIGHT SOLO
7) GREAT CIRCLE 5.9 SOLO 1ST PITCH

ICE RS, LS

SATURDAY AUG 8

1) CUCAMONGA 5.9 SOLO
2) TRUCK N' DRIVE 5.10a SOLO
3) WERNER'S WIGGLE 5.9 SOLO
4) LUNAR LEAP 5.9 SOLO

NO SHOULDER PAIN WHILE SLAB CLIMBING

PAIN DURING OVERHEAD REACH & PULL MOTIONS

BOTH SHOULDERS DON'T SEEM TO BE HEALING AT ALL (OR VERY SLOWLY)

REHAB EX → VERY LITTLE WEIGHT

ICE RS & LS

AUG 9

SUNDAY

1) OLD FOLKS BOOGIE 5.10 c follow
2) COMFORTABLY NUMB 5.10 c follow

ICE RS & LS

AUG 10

MONDAY

COMPLETE REST

ICE RS & LS

AUG 11

TUESDAY

1) C.S. CONCERTO 5.8 SOLO
2) GRENADE LAUNCHER TR x 2

ICE RS & LS REST

AUG 12

WEDNESDAY

COMPLETE REST

1) CUCAMONGA 5.9 SOLO ICE RS & LS

AUG 13

THURSDAY

1) KNOB JOB (1ST) SOLO 5.10a x 2
2) BACHAR'S REVENGE 5.9 SOLO
3) SHITHOOKS 5.10a SOLO
4) GRENADE LAUNCHER 5.12 b redpoint

ICE RS & LS

AUG 14

FRIDAY REST DAY

1) TRUCK N' DRIVE 5.8 SOLO ICE RS & LS

AUG 15

SATURDAY

1) GOLFER'S ROUTE 5.7 SOLO
2) BACHAR'S REVENGE 5.9 SOLO
3) SHITHOOKS 5.10 a SOLO
4) LEFT OF TOMB 5.8 SOLO
5) R.C.A. DIRECT 5.9 SOLO
6) FINGERTIPS 5.10a SOLO

HANG: med: 30 SEC/MIN x 6 MIN

ICE

SUNDAY REST AUG 16

TAKE PHOTOS OF CROFT

ICE RS LS

MONDAY REST AUG 17

TAKE PHOTOS OF SUZUKI

ICE RS LS

TUESDAY AUG 18

1) FIRST ASCENT 5.11a 45 feet name ? 3 bolts

~~WORKOUT~~ ~~HANG: med:~~ 30 SEC/MIN × 6 MIN = 3 MIN TOT

ICE RS LS

WEDNESDAY AUG 19

REST DAY

PHOTOS OF CROFT

ICE RS LS

THURSDAY AUG 20

1) GOLFER'S ROUTE 5.7 SOLO
2) BACHAR'S REVENGE 5.9 SOLO
3) THE WAY WE WERE 5.10a ON SIGHT SOLO

ICE RS LS

FRIDAY AUG 21

PHYSICAL THERAPY APPT. FRESNO STAR CLINIC

ICE RS LS

SATURDAY AUG 22

REST

TAKE SAUNA — PHYS. THER. EXERCISES

ICE RS LS

SATURDAY AUG 29

1) DIKE ROUTE 5.9 SOLO
2) CUCAMONGA DRIVE 5.8 SOLO
3) RAWL DRIVE 5.10a SOLO
4) LUNAR LEAP - RIGHT FINISH 5.9 SOLO

DRIVE TO MOJAVE ICE

SUNDAY AUG 30

MOJAVE → VENTURA REST DAY

ICE

MONDAY AUG 31

REST

RECORDING L.A.

ICE

TUESDAY SEPT 1

REST

ICE

WEDNESDAY SEPT 2

REST

ICE

THURSDAY SEPT 3

REST

ICE

FRIDAY SEPT 4

REHAB. FRESNO STAR CLINIC
TWO WEEKS VISIT

ICE

SATURDAY SEPT 5

1) MONGA HONEY 5.8 SOLO

ICE

SUNDAY SEPT 6

30 MIN JOG WARM UP
REHAB. EXERCISES - ALL

ICE

MONDAY SEPT 7

1) GOLFER'S 5.7 SOLO
2) BLACK WIDOW 5.9 SOLO
3) BACHAR'S REVENGE 5.9 SOLO
4) GREAT CIRCLE 5.10a SOLO
5) FINGERTIPS 5.10a SOLO
6) WORKOUT REHAB. EX. THOROUGH

ICE

TUESDAY SEPT 8

REST DAY

ICE

WEDNESDAY SEPT 9

1) GOLFER'S 5.7 SOLO
2) BACHAR'S REVENGE 5.9 SOLO
3) THE WAY WE WERE 5.10a SOLO

ICE

THURSDAY REST - FRESNO SEPT 10

ICE

FRIDAY REST SEPT 11

BRENDA'S B-DAY - SAUNA CONSTRUCTION

ICE

SATURDAY SEPT 12

1) GOLFER'S 5.7 SOLO
2) BLACK WIDOW 5.9 SOLO
3) BACHAR'S 5.9 SOLO

WORKOUT 25 MIN JOG REHAB. EX. SAUNA

ICE

SUNDAY SEPT 13

1) MONGA DRIVE 5.8 SOLO

INTERNATIONAL DINNER SAX GIG : 2:00 AM

ICE

MONDAY SEPT 14

REST + RECUPERATION SAUNA

ICE

TUESDAY SEPT 15

1) MONGA HONEY 5.8 SOLO

REHAB. EX.

ICE

WEDNESDAY SEPT 16

REST

ICE

THURSDAY SEPT 17

1) GOLFER'S ROUTE 5.7 SOLO
2) BACHAR'S REVENGE 5.9 SOLO
3) DIKE ROUTE 5.9 SOLO
4) SOUTH CRACK 5.8 SOLO

REHAB EX ICE

FRIDAY FRESNO SEPT 18

PHYSICAL THERAPY + REHAB 4 WEEKS SINCE 1ST VISIT

ICE

SATURDAY REST DAY SEPT 19

25 MIN JOG - SAUNA

ICE

SUNDAY SEPT 20

EASY CLIMBING

JOG & REHAB EXERCISES

ICE

MONDAY REST SEPT 21

1) AFTER SEVEN 5.8 SOLO

ICE

TUESDAY SEPT 22

1) DIKE ROUTE SOLO
2) MONGA HONEY SOLO → "PUNCH OUT" AT ROCK

20 MIN JOG — REHAB WORKOUT ICE

WEDNESDAY SEPT 23

1) FINGERTIPS 5.10a ~~SOLO~~ LEAD } WITH TM HERBET
2) EL CONDOR 5.8 FOLLOW }

18min jog — 15min Sauna ICE

THURSDAY SEPT 24

PAIN WITH MINIMAL EXERCISE RT. SHOULDER

WHAT HAPPENED?

ICE

FRIDAY SEP 25

NO CLIMBING — R.SHOULDER SUPRA?

ICE

SATURDAY SEP 26

B-B QUE

ICE

SUNDAY SEP 27

NOTHING — RT SHOULDER

ICE

MONDAY SEP 28

CYCLING: VALLEY LOOP
" SENTINEL → POHONO "

ICE

TUESDAY SEP 29

CYCLING: FORESTA → ELCAP → FORESTA | HR. ± 10 MIN

ICE

WEDNESDAY SEP 30

CYCLING: LAKE TENAYA TO GAS STATION AND BACK 55:16 MIN

ICE

THURSDAY OCT 1

VALLEY BIG LOOP
"SENTINEL - POHONO" 45 min easy

ICE

FRIDAY OCT 2

FRESNO - REHAB, THERAPY FELT BETTER
AFTER "PAIN APPEARANCE" OF SEP. 29
BACK UP TO 2½ LB × 40 × 2 EXT. ROT. RIGHT
(WAS AT 6¼ LB × 30 × 3)
WHEN WILL I CLIMB AGAIN (DEC. 1 ??)

ICE

SATURDAY OCT 3

CYCLING: "TUOLUMNE RIVER → TIOGA PASS
→ RETURN" 57:15 ROUND TRIP, 14 mi.

ICE