TRAINING
1987

Vierovanucci
MILANO - ITALY

THURSDAY JAN 1 1987

1) AFTER SEVEN (1ST) 5.8 solo
2) MELTDOWN 5.11d tr
3) CROSSFIRE A bouldering

Rain day, coming off 6-day pulled lower back muscle. Also, 1st day activity after 2 week layoff-vacation period.

FRIDAY JAN 2

1) KNOB JOB 5.10a solo
2) MELTDOWN 5.11d solo
3) CROSSFIRE A bouldering
4) BOULDERING - CAMP 4 - light

WORKOUT ONE ARM: 3x1/jump, TWO ARM: 3x3/50 LB.; LADDER: 2x1/0 LB., FINGERS: LG → 4x30 SEC/MIN = 2 MIN. TOT XL → 2 TRAVERSES (L→R & R→L), BENCH PRESS, MILIT. PRESS, ERECT ROW, BUTTERFLY PULLS, LEVER PULLS, DUMB. FLYES.

RUN: 28 MIN ROUND TRIP TO DUMPSTER (UP & DOWN)

STRETCHING IN P.M. - LEFT ARMPIT "TWINGES",

ICE AT NIGHT - LOWER R. BACK MUSCLES STILL TIGHT.

TAKING IBUPROFEN ~ 1500 - 2000 mg./day

SATURDAY JAN 3

RUN - 45 MIN. (25 MIN UP, 20 MIN DOWN) - run to hwy 120 & back (in rain)

REST + STRETCHING

Lats sore, armpit feels O.K. - just as sore as other arm.

Rain all day - climbing out of question.

SUNDAY JAN 4

TRAVEL DAY - FORESTA to PASADENA

REST

MONDAY JAN 5

1) BOULDERING 30 MIN - STONEY POINT

WORKOUT - WORKOUT AT GOLD'S GYM
GENERAL ALL AROUND WORKOUT USING MANY
DIFFERENT EXERCISES

TUESDAY JAN 6

TRAVEL DAY - REST
L.A. to YOSEMITE
HARD TO STAY IN SHAPE - MUCH WORK & BAD WEATHER

WEDNESDAY REST JAN 7

SNOWED ALL NIGHT - VALLEY PACKED WITH
SNOW - NO HOPE FOR CLIMBING
1/2 DAY SNOW-BOARDING AT BADGER PASS
STRETCHING

THURSDAY JAN 8

1) KNOB JOB 5.10a solo
2) SHERRIE'S CRACK 5.10d solo
3) MELTDOWN 5.11d tr (5 times)
4) CROSSFIRE A+ boulder

WORKOUT - FREE FORM : 5x 3/50LB 2-ARM, HANG:
30SEC/MIN X 5 MIN (L), 2x1/LADDER, BUTTERFLY PULLS,
BENCH PRESS, 2-ARM WIDE 2x5/25LB, ERECT ROW,
MIL. PRESS, DUMBELL FLYES, SHOULDER ARM CIRCLES.
[LEFT LAT FEELS STRANGE - UNCOMFORTABLE] ICE

FRIDAY JAN 9

SNOWBOARDING - BADGER PASS

REST

SATURDAY JAN 10

1) KNOB JOB 5.10 a solo
2) SHERRIES CRACK 5.10 d solo
3) SNOWBOARDING — BADGER PASS 1½ HR.

SUNDAY JAN 11

1) GRIPPER 5.10 b solo
2) MELTDOWN 5.11 d solo
3) 'SHAFT' 5.11 c solo

WORKOUT ONE ARMS, TWO ARM / WEIGHT 1x5/50 LB, LADDER: 1x1/13 LB, 1x1/0 LB, HANGS-L: 4x30 sec/50LB, BUTTERFLY PULLEY, FRONT LEVER PULLEY, BENCH PRESS, MIL. PRESS, ERECT ROW, DUMB FLYES, FINGER TIP PULLUPS.

4) REED'S DIRECT 5.9 solo

STRETCHING

MONDAY JAN 12

SNOWBOARDING 2½ HR.

REST

TUESDAY JAN 13

1) REED'S DIRECT 5.9 solo
2) MELTDOWN 5.11d solo
3) CROSSFIRE boulder A

WORKOUT CIRCUIT TRAINING ALL EXERCISES RESTING FOR BIG VOYAGE TO EUROPE

WEDNESDAY REST JAN 14
TRAVEL DAY - DRIVE TO L.A. (VENTURA)

THURSDAY REST JAN 15
JET TRAVEL L.A. - SPAIN (ALICANTE)

FRIDAY REST (LITTLE SLEEP) JAN 16
ARRIVE IN ALICANTE 10:30 AM - NAUSEA, TIRED

SATURDAY (AFTER 10½ HRS SLEEP) JAN 17
TIRED, CONFUSED, WEAK
1) 15 MIN OF EASY CLIMBING NEAR BIAR (VILLENA)

SUNDAY (AFTER 12 HRS. SLEEP) JAN 18
1) BOULDERING 30 MIN - PEÑA RUBIA - VILLENA
JERRY'S PROBLEM, 3RD TRY! solo (B-).
WORKOUT HANDSTAND: 4 x 30 SEC, ONE ARMS: 2x1/
JUMP, 2x1/3KG. JUMP. TWO ARM: 3x5/20KG. REG.
LEVER PULLS: 3x10/30 KG. BENCH PRESS: 3x10/
60 KG. HANG: 4x30 SEC / ½". HAND SQUEEZE:
4x50/MED. MILITARY PRESS: 1x20/15 KG. ERECT
ROW: 1x20/15 KG. DUMBELL FLYES: ERECT: 1x10/
2.5 KG. BENT: 1x10/2.5 KG. STRETCHING: 10 MIN.
NOT TOO STRONG, NOT TOO WEAK - EASY TO MED. WORKOUT.

MONDAY REST JAN 19
1) CLEANED ROCK AT 'LA MINA' 2 HRS.

SORE MUSCLES: ESP. SHOULDERS

TUESDAY JAN 20

1) JERRY'S PROBLEM 7b solo (8m)
2) 'POCO LOCO' 6a solo (8m)
GENERAL BOULDERING & BOOT TESTING : 30 MIN

WORKOUT ONE ARM: 5×1/J.S., 2×-1/3 Kg., 1×-1/6 kg.
TWO ARM: REG.: 1×5/20 kg, 1×5/23 kg., 1×3/30 Kg., 2×1/36 Kg.
WIDE: 2×4/10 Kg. LEVER PULL: 1×10/30 Kg., 1×8/36 Kg.,
1×5/39 Kg. BENCH PRESS: 1×10/60 Kg., 1×8/70 Kg., 1×4/75 Kg.,
1×1/80 Kg. SEATED CABLE ROW: 1×8/60 Kg. HANG: ½":
1×1 MIN, 1×50 SEC, 1×40 SEC, 2×30 SEC (TOT.: 3:30)
MILITARY PRESS: 1×15/18 Kg, 1×12/18 Kg ERECT ROW:
2×15/18 Kg. DUMB. FLY: ERECT: 1×15/2.5 Kg BENT:
1×15/2.5 Kg. STRETCHING: 10 MIN

WEDNESDAY REST JAN 21

LEG WORKOUT
SQUAT: OPEN FT. TOGETHER: 1×30 APART: 1×30
JUMP ROPE: 3 × 3 MIN / 1 MIN (heart: 156 rpm) CALF
RAISE: SINGLE: 3×15 ea. DOUBLE: 2×50 ALT. HAND KICK:
1×20 (10 L & 10 R) LAY-DOWN-SIDE-LEG-RAISE: 2×10 L, 2×10 R
SQUAT: SOLO LEG: 1×10 L, 1×10 R STRETCHING: 10 MIN

THURSDAY JAN 22

1) POCO LOCO 6a solo (8m)
2) NEW TOPROPE 6c (8m) + GENERAL BOULDERING
WORKOUT ONE ARM: 2×1/J.S., 3×1/0 Kg., 2×1/1 Kg, 2×-1/3 Kg.
2×-1/6 Kg. TWO ARM: REG: 1×7/20 Kg, 1×5/23 Kg., 1×4/26 Kg.,
1×3/30 Kg., 1×2/33 Kg., 3×1/37 Kg, 2×1/40 Kg, 3×-1/50 Kg.
WIDE: 3×5/10 Kg. LEVER PULL: 1×12/30 Kg 1×8/36 Kg,
1×4/39 Kg, 1×3/40 Kg SEATED CABLE ROW: 1×8/50 Kg
½" HANG: 3×30 SEC/20 Kg, 2×30 SEC/10 Kg, 1×30 SEC
BENCH PRESS: 1×12/60 Kg, 1×7/70 Kg 1×3/75 Kg
MIL. PRESS: 1×10/30 Kg. ERECT ROW: 1×20/20 Kg
DUMB FLY: ERECT: 1×10/5 Kg BENT: 1×10/5 Kg
STRETCHING: COMPLETE

TWO ARM REG: $I = \frac{L}{V} = \frac{706}{26} = 27.1$ Kg

FRIDAY JAN 23

REST — ROUTE CLEANING - 1 HR. - SLIGHTLY TOO STRENUOUS FOR ARMS — WAIT & SEE TOMORROW WHAT I WILL FEEL LIKE (MAYBE COMPENSATION WORKOUT FOR RECUPERATION)

SATURDAY JAN 24

1) POCO LOCO 6a solo (8m)
2) JERRY'S PROBLEM WITH CHEATSTONE 6a solo (6+ reps)
3) HOLE PROBLEM 6b solo (6+ reps)

4 hrs of bouldering - hands raw from sharp holes — {good forearm pump / at La Mina

NO WORKOUT - COMPENSATION / RECUPERATION DAY

Stayed up late to pick up Jerry at Airport - went to bed at 4 a.m.!

SUNDAY JAN 25

5 hrs. sleep last night - REST DAY MAXIMUS

Skin raw - forearms tight from pumping out

Maybe rest day tomorrow - wait & see

MONDAY — REST JAN 26

1) POCO LOCO 6a solo 8m
2) JERRY'S PROBLEM 7b solo 8m
3) NEW TOP ROPE - RIGHT SIDE
4) RIGHT PROBLEM 6c solo 8m

PLUS BOULDERING & TRAVERSES

TUESDAY JAN 27

WORKOUT ONE ARM: 2×1/10kg, 2×1/1kg, 2×1/2kg, 2×1/3kg, 2×-1/5kg, 1×-1/7kg TWO ARM: REG: 1×6/23kg, 1×5/26kg. 1×3/30kg, 1×2/33kg. 1×1/35kg, 1×-1/40kg, 1×-1/45kg. WIDE: 2×5/10kg. LEVER PULL: 1×10/30kg., 1×6/35kg. SEATED CABLE ROW: 1×12/40kg., 1×5/50kg; BENCH: 1×12/60kg 1×8/70kg, 1×3/75kg. MILITARY: 1×15/20kg. ½" HANG: 1×30 SEC/20kg., 1×30 SEC/25kg., 1×30 SEC/25kg, 30 SEC/MIN × 3 MIN, 1×30 SEC ERECT ROW: 1×20/20kg DUMB. FLY: ERECT: 1×20/2.5kg BENT: 1×20/2.5kg STRETCHING: 5 MIN

WEDNESDAY JAN 28

REST DAY STRETCHING: 2 MIN

THURSDAY JAN 29

1) JERRY'S PROBLEM / CHEATSTONE 3 laps
2) RIGHT HOLES 3 laps
3) BOULDERING - ELIMINATES 1 HR.

WORKOUT ONE ARM: 1×1/JUMP, 2×1/0 Kg
TWO ARM: REG: 1×5/20 Kg WIDE: 1×5/10 Kg.
LEVER PULLEY: 1×10/30 Kg. SEATED CABLE ROW: 1×10/40 Kg.
BENCH: 1×15/50 Kg., 1×5/70 Kg.
MILITARY: 1×15/25 Kg. ERECT ROW: 1×15/25 Kg.
DUMB. FLY: ERECT: 1×20/2.5 Kg BENT: 1×20/2.5 Kg.
½" HANG: 1×1 MIN, 1×50 SEC, 1×40 SEC, 4×30 SEC. (TOT. 4:30)
STRETCHING: 5 MIN.

FRIDAY REST JAN 30

WORKOUT ALT. HAND KICK: 1×10 (5L-5R)
CALF RAISE: SINGLE: 10 R, 10 L, 10 R, 10 L
JUMP ROPE: 3 MIN/1 MIN × 3
SIDE LEG RAISE: 10 L, 10 R
STAYED UP TILL 3:15 AM! NOT SO GOOD FOR REST DAY

SATURDAY - FEEL BAD (OBVIOUSLY) - JAN 31
CHISEL ACTION AT AQUADUCT - NOT MUCH CLIMBING
WORKOUT TWO ARM: REG. 1×10 WIDE: 1×8
GEN. EXERCISE - VERY TIRED - MUSCLES FEEL STRESSED

SUNDAY FEB 1
DRIVE FROM VILLENA → BUOUX
11 HRS. IN CAR
GO TO SLEEP BEFORE 11:30 PM

MONDAY BUOUX - STYX WALL FEB 2

1) RÉCREACTIVITÉ 6b lead 25m
2) RÉCREACTIVITÉ 6b solo 25m
3) Desidio 6b solo 25m
4) MELODIE GAELL 6b solo 25m
5) LE HASARD FAIT BIEN LES CHOSES 7b (á vue) 25m

15 MIN ON TRAVERSE OF HOLES ON ROAD

TUESDAY FEB 3

REST DAY - RAINING IN MORNING
HIKED UP TO FORT DE BUOUX - 1 HR

WEDNESDAY RAIN FEB 4

1) ATTEMPTED "ACAPULCO" 7c 3X FAILED (10m in length)
TOO POWERFUL FOR ME NOW, ONE FINGER PULLS
2) EASY BUCKET TRAVERSE MONODROITES

THURSDAY REST DAY FEB 5

AVIGNON - SHOPPING

FRIDAY BUOUX - LA PLAYA FEB 6

1) SCORPION 7a (á vue) 25m
2) COOL RAOUL 7a (1st try fellow) 25m

NO WORKOUT - TAKING PRECAUTION NOT TO OVER-STRESS MIDDLE FINGERS OF EACH HAND - THERE-FORE, NO MONODROITE, OR BIDROITE HOLDS

SATURDAY REST FEB 7

DRIVE BUOUX → VALENCIA

SUNDAY REST FEB 8

DRIVE VALENCIA → VILLENA
20 MIN WALK NEAR CALPE

MONDAY FEB 9

1) JERRY'S PROBLEM
2) HOMBRE DE ACERO } SEVERAL REPS
3) POCO LOCO
4) CHISELING AT AQUADUCT

WORKOUT

ONE ARM: 1×1/JUMP, 1×1, 3×1/1 Kg, 1×1/3 Kg JUMP, 1×1/6 Kg, 1×1/7 Kg, 2×1/JUMP (JS)

TWO ARM: REG: 1×5/20 Kg, 1×5/25 Kg, 1×4/30 Kg, 1×3/33 Kg, 2×2/35 Kg $I = \frac{L}{V} = \frac{584}{21} = 27.8$ Kg

WIDE: 1×5/10 Kg., 1×5/13 Kg., 1×3/16 Kg, 1×2/17 Kg $I = \frac{L}{V} = \frac{197}{20} = 9.85$ Kg

LEVER PULLEY: 1×10/30 Kg., 1×8/35 Kg., 2×5/40 Kg.

SEATED CABLE ROW: 1×6/60 Kg CHEAT, 1×10/40 Kg, 1×7/43 Kg.

BENCH: 1×10/60 Kg, 2×7/65 Kg, 1×5/70 Kg.

½" HANG: 3×30 SEC/20 Kg, 1×45 SEC, 2×30 SEC

MILITARY: 2×10/30 Kg ERECT ROW: 1×15/30 Kg, 1×10/30 Kg

DUMB FLY: UP: 1×10/5 Kg BENT: 1×15/5 Kg

STRETCHING: 3 MIN

TUESDAY REST FEB 10

PHOTOS AT "LA MINA" 1 HR — LITTLE WALKING

WEDNESDAY FEB 11

1) JERRY'S PROBLEM 7a (8m)
2) HOMBRE DE ACERO 6b (8m)
3) " " " DIRECT 6c+ (8m)
4) POCO LOCO 6a (8m)
5) AQUADUCT - CHISELING & BOULDERING (SORE MUSCLES)

WORKOUT TWO ARM: REG: 1×10 WIDE: 1×6 BENCH: 2×10/60 Kg ELDORADOS: 1×8 MILITARY: 1×10/30 Kg SEATED CABLE ROW: 1×12/30 Kg ERECT ROW: 1×10/30 Kg 20° SIT UPS: 1×20 DUMB FLY: ERECT: 1×12/5 Kg BENT: 1×12/5 Kg ½" HANG: 1×1 MIN, 1×45 SEC, 4×30 SEC

STRETCHING: 3 MIN EASY WORKOUT + SORE LATS

THURSDAY [REST] FEB ~~JAN~~ 12

FEEL LESS SORE THAN WED. - HOPEFULLY WILL HAVE POWER FRI.

FRIDAY FEB 13

1) POCO LOCO 6b solo 8m
2) QUARTZ 7a/b solo 8m (3 laps)
3) HOMBRE DE ACERO 6c solo 8m (3 laps)
4) HOMBRE DIRECT 7a solo
5) 15 MIN AQUADUCT

[WORKOUT]

ONE ARM: 1×1/JS [2×1/0, 2×1/1 Kg, 3×1/2 Kg, 2×1/3 Kg (R:JS)] ~~2×1/4 Kg~~ ~~2×1/5 Kg~~ ~~1×1/6 Kg~~
2×-1/6 Kg, 1×-1/7 Kg $\frac{L}{V} = \frac{14}{9} = 1.55$ Kg.

TWO ARM REG: [1×6/26 Kg, 1×5/28 Kg, 1×4/30 Kg, 1×3/33 Kg, $I = \frac{L}{V} = \frac{710}{23}$
1×2/36 Kg, 1×1/40 Kg, 1×1/41 Kg, 1×1/42 Kg], 2×-1/50 Kg. = 30.87 Kg

TWO ARM WIDE: 6/12 Kg, 5/13 Kg, 4/14 Kg, 3/16 Kg, 2/18 Kg, $\frac{L}{V} = \frac{340}{23}$
2/20 Kg, 1/23 Kg. = 14.78 Kg

LEVER PULLEY: 10/33 Kg, 7/36 Kg, 5/38 Kg, 4/39 Kg. $\frac{928}{26} = 35.69$ Kg

SEATED CABLE ROW: 12/40 Kg, 2×6/46 Kg $\frac{L}{V} = \frac{1032}{24} = 43$ Kg

BENCH PRESS: 12/60 Kg, 10/65 Kg, 2×6/70 Kg $\frac{L}{V} = \frac{2210}{34} = 65$ Kg

½" HANG: 3×20 SEC/30 Kg, 4×30 SEC/20 Kg, 2×30 SEC, 3×20 SEC TOT: 5 MIN

MILITARY: 10/30 Kg ERECT ROW: 2×12/25 Kg

DUMB. FLY: ERECT: 2×10/5 Kg BENT: 2×10/5 Kg STRETCH: 4 MIN

SATURDAY [REST] FEB 14

NOTHING - TAKE JERRY TO AIRPORT

SUNDAY [REST] FEB 15

HIKING NEAR ONTENIENTE, BARRANCO NEAR BOCAIDENTE
20 Km EAST OF VILLENA - BEST ROCK I'VE SEEN AROUND HERE, ★★★.

MONDAY FEB 16

1) POCO LOCO 6b+ 8m solo 2 laps
2) R.A.F. (READY, AIM, FIRE) 7b 8m solo 3 laps
3) HOMBRE DE ACERO 6c 8m solo 5 times
4) HOMBRE DIRECTO 7a+ 8m solo 1 time
5) 30 MIN AT AQUADUCTO CHISELING & TRAVERSING

WORKOUT

ONE ARM: 2×1 tired TWO ARM: REG: 1×12 WIDE: 1×10
BENCH PRESS: 60 Kg×12 MILITARY: 25 Kg × 20 ERECT ROW: 25 Kg×20
DUMB FLY: STANDING: 5 Kg×12 BENT-OVER: 5 Kg × 12
½" HANG: 2 × 30 SEC/20 Kg, 30 SEC/MIN × 4 MIN
STRETCHING: 2 MIN. TIRED, NO ENERGY OR PSYCHE

TUESDAY REST FEB 17

WEDNESDAY NO CLIMBING - RAIN FEB 18

WORKOUT WARM UP: 12 MIN RUN

ONE ARM: [R×1, 2×1/1 Kg, 2×1/2 Kg (R:JS)], 2×1/3 Kg. $i = \frac{l}{v} = \frac{6}{6} = 1$ Kg

TWO ARM: REG: 1×6/26 Kg, 1×3/33 Kg, 2×2/36 Kg, 7×1/40 Kg. $\frac{679}{20} = \frac{l}{v}$ =33.95 Kg

WIDE: 3×3/16 Kg, 3×2/20 Kg. $\frac{l}{v} = \frac{264}{15} = 17.6$ Kg.

LEVER PULLEY: 1×10/34 Kg, 1×8/37 Kg, 2×4/40 Kg. $\frac{956}{26} = 36.77$ Kg

BENCH: 60 Kg×12, 70 Kg×7×2. $\frac{1700}{26} = 65.38$ Kg.

HANG BOARD: L23R23: 10 SEC×4 L12R12: 10 SEC×4
MED. CRIMP: 30 SEC×4 BIG CRIMP: 30 SEC×5
WIDE PINCHETTE: 30 SEC×2 WIDE KNOBS: 30 SEC×1
} TOT 7:20

MILITARY: 30 Kg×18 ELDORADOS (CHIN SLIDE): 2×10/0 Kg
ERECT ROW: 30 Kg×15 DUMB FLY: ERECT: 5 Kg×10 BENT: 5 Kg×12×2

STRETCHING: 2 MIN

HARD TO FEEL POWERFUL WITHOUT CLIMBING FIRST

THURSDAY REST DAY FEB 19

30 MIN STRETCHING, CALFS, LEG MOVEMENTS, LEG RAISE, SQUATS, BAR KICK.

MONDAY FEB 23

1) RECREACTIVITÉ 6A+ lead RP
2) ENDÉAVOUR 6A+ top rope
3) NO MAN'S LAND 7A+ ON SIGHT FLASH (À VUE)
4) SCORPION 6C lead RP
5) DRESDEN 7A (À VUE)
6) TURBO CIBI FACHO 6C+ top rope
7) PAPAPA POU 6C top rope

TUESDAY REST DAY FEB 24

WEDNESDAY FEB 25

1) L'AFRIQUE PHYSIQUE 6B A VUE
2) GERMANOPHOBIE 6C A VUE
3) SONGE SUCRÉ 7A A VUE
4) LE LOIR 7A A VUE
5) LEE ZOO DES ROBOTS 6C A VUE
6) TURBO CIBI FACHO 6C+ RP

THURSDAY REST DAY FEB 26

FRIDAY FEB 27

1) ALERTEZ AUX BÉBÉS 6C A VUE
2) LE DERNIER PROBLEME DES ALPES 6B+ A VUE
3) BEBOP TANGO 7A A VUE
4) failed on POLKA DES RINGARDS 7C (good hangdog workout)
5) LA PESANTEUR OU LA GRACE 6C+ A VUE

OVERALL "BODY-TIRED" - STRESSED OUT

SATURDAY REST DAY FEB 28

SUNDAY MAR 1 FEB 29

1) EL CONDOR 6A A vue
2) ALAMBIC SORTIE SUD 6BC (follow)
3) IMITATION SAUSSOIS 6C+ a vue
4) CAMEMBERT FERGUSON 7A a vue
5) FIN DE SIECLE 7A A VUE
6) ROSE DE SABLES 7B A VUE
7) RECREACTIVITÉ 6A+ solo
8) LA MELODIE GAËL 6B solo

pumped on "ROSE" - couldn't really recuperate at "shake-outs" good to loosen up on easy solos after a long day.

MONDAY REST DAY MAR 2

TUESDAY MAR 3

1) SCORPION 7a follow
2) CADEAU EMPOISONÉE 7c attempted to follow (one fall = hang) hingus pump
3) RECREACTIVITÉ 6a+ solo
4) LA MELODIE GAL 6b solo

never recuperated from "deep pump" of "CADEAU" attempt

WEDNESDAY REST DAY MAR 4

THURSDAY MAR 5

1) L'EMORO 6A 10m A VUE SOLO
2) (to right↑) 6A 10m A VUE SOLO
3) SEXPISTOL 6B 10m A VUE SOLO
4) PEPSICOMANE 6B 18m A VUE SOLO
5) GOLOT FOU 6B 15m A VUE SOLO
6) DESSINE MOI UN MUTANT 6B 15m A VUE SOLO
7) TURBO CIBI FACHO 6C+ SOLO 15m
8) LES CROISEMENTS DE L'ÉTÉ 7A follow

FRIDAY MAR 6

REST DAY

SATURDAY MAR 7

1) ZARATHOUSTRA DIRECT 6B 13m ON SIGHT SOLO
2) BAL DE LAZES 6A 12m ON SIGHT SOLO
3) POUPON LA PESTE 6A ON SIGHT SOLO
4) LA QUÊTE DE L'OISEAU DU TEMPS 6A+ ON SIGHT SOLO 13m
5) SOUCHE A MEX 6C ONSIGHT SOLO 20m
6) L'ESCOUBE ~~1st~~ ON SIGHT crux ~~top~~ PEPSI COMANE 6B (6C+) 20m solo
7) SCARAVAGOUR 7A ON SIGHT FLASH 25m

last day at BUOUX - felt better & better each day - maybe could've on-sight-soloed a 7A?! felt good on 6C on-sight solos

SUNDAY MAR 8

DRIVING DAY - REST DAY
APT TO BARCELONA

MONDAY REST DAY MAR 9

BARCELONA TO VILLENA

TUESDAY MAR 10

1) JERRY'S PROBLEM 7b 8m solo
2) HOMBRE DE ACERO 6C+ 8m solo
3) POCO LOCO 6C+ 8m solo
4) HOMBRE DIRECT 7a solo

WORKOUT

HANGBOARD: micro crimp: 30 sec med crimp: 30 sec, 30 sec
23L 23R: 15 sec x 4 12L 12R: 15 sec x 4
big crimp: 1 min x 2
TWO ARM: reg: 20 Kg x 8, 30 Kg x 3
wide: 20 Kg x 2, 5
BENCH: 50 Kg x 20 MILITARY: 30 Kg x 20
ERECT ROW: 30 Kg x 12
DUMB FLY: erect: 5 Kg x 10 bent: 5 Kg x 10
STRETCH: 2 min

WEDNESDAY MAR 11

REST

THURSDAY MAR 12

1) HOMBRE 6c+ 8m solo
2) POCO LOCO 6c+ 8m solo
3) JERRY'S 7b 8m solo
4) HOMBRE DIRECT 7a 8m solo
5) GONE WITH THE WIND 6a 15m new route on-sight solo

WORKOUT ONE ARM: 1 rep x 2 sets
TWO ARM: reg: 30 Kg x 3
HANGBOARD: micro crimp: 30 sec med crimp: 30 sec
L23 R23: 20 sec L12 R12: 20 sec big crimp: 1 min x 2
CHIN SLIDE: 10 rep x 1 set MILITARY: 25 Kg x 15
BENCH: 60 Kg x 10 DUMB FLY: erect: 2.5 Kg x 15
bent: 2.5 Kg x 15 STRETCH: 2 min

Light day - feel like a flu is coming on

FRIDAY REST MAR 13

definitely sick - weak flu or something

SATURDAY REST - SICK MAR 14

went to doctor Fri. night - must have some kind of stomach infection - taking an antibiotic and anti-spasmodic for stomach.

SUNDAY SICK MAR 15

MONDAY feeling better MAR 16

1) 12m 5.8 easy
2) 12m 5.7 easy

still not feeling well enough to do anything stressful - headache

SUNDAY DRIVE TO YOSEMITE MAR 22

MONDAY SNOWING - SNOWBOARD MAR 23
BIRTHDAY PARTY

TUESDAY MAR 24
1) KNOB JOB 5.10a 150' solo
2) SHERRY'S CRACK 5.10d 50' solo
3) OUTER LIMITS 1st 5.10b 150' solo
4) BOULDERING (30 MIN - MODERATE - CAMP 4)

WORKOUT
CAMP 4 CLIMBING WALL: 3 times
LADDER: 1 lap
feeling tired from Jet Lag

WEDNESDAY REST MAR 25
GET LUMBER FROM GROVELAND AND START BUILDING CLIMBING WALL

THURSDAY MAR 26
1) CATCHY 5.10d 75' →
CATCHY CORNER 5.11a 100' solo
2) CAMP 4 BOULDERING 2 HR (5.12b max)

WORKOUT
C4 CLIMBING WALL: 2×1, 1×4 (r×s)
felt better bouldering - but still don't have full energy - endurance & stamina down

FRIDAY REST DAY MAR 27
FRESNO & WORK ON BUILDING & RAISING CLIMBING WALL

SATURDAY MAR 28

1) CATCHY (5.10d-75') → ANATHEMA (5.10b-200') solo
2) C4 BOULDERING (no power) 1 HR

WORKOUT

C4 CLIMBING WALL: 5 times

no power - tired

SUNDAY MAR 29

1) AFTER SEVEN → C.S. CONCERTO 5.8 300' solo

REST DAY

MONDAY MAR 30

1) C4 BOULDERING 1 HR. (5.12A max)

WORKOUT

C4 CLIMBING WALL: 1 × 2 (r × s)

ONE ARMS: jump: 1 × 3 TWO ARM: reg: 50lb. × 5 × 1

LADDER: 1 × 1

CLIMBING WALL: 4/5min × 1

TUESDAY MAR 31

1) AFTER SEVEN 5.8 solo 75' 1st PITCH
2) JUMP FOR JOY (1ST) 5.8 solo 75'

REST DAY

Still recuperating from jet lag

No energy

Hard to concentrate (extra hard when pumped)

No PIZAZZ !