

# Atlas Hangs On

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as we breathe from birth to death daily we must seek guidance let there be light genesis 1 3 seek the lord and live amos 5 6 believe in your heart romans 10 9

when it comes to training for climbing there is an overwhelming amount of information out there in the science of

climbing training top spanish climbing coach sergio consuegra has analysed our sporting needs from the perspective of exercise and sports science to provide an evidence based approach to training for climbing it is designed to help us improve climbing performance whether we re taking the next step in our training as we work towards a project or if we re a coach looking to optimise our athletes training it doesn t contain any magic training methods because there are none although you might be shocked by the science behind some popular methods the first part explains what training is and how different training methods are governed by the physiological and biomechanical processes that occur in the body the second part looks at how to improve specific needs such as finger strength and forearm muscle endurance and general needs such as basic physical conditioning pulling strength pushing strength strength training for injury prevention for the different demands and types of climbing and bouldering the third and final part suggests the best ways to fit it all together it looks at adjusting training volume and intensity and tapering to encourage supercompensation all to help us achieve improved performance whether it s a breaking into a higher grade ticking that long standing project or climbing a dream route

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