

In the winter of 2007 I started leading a Training for Climbing Class, (T4C), twice a week, then after a year we cut back to once a week. It was in essence all the stuff to do in order to get better at climbing without actually climbing. (climbing is the best “exercise” you can do to get better at climbing.) We did core exercises, stretching things, hand grip strengthening exercises, and more core stuff. I’d take core classes at other gyms and from our own instructors. I’d “steal” ideas from Pilates, CrossFit, and Yoga classes. I’d adapt these to something I thought was more applicable to climbing. Usually we’d mess around in the Yoga room for 40 to 50 minutes then we’d do one of following three things: a campus session, a hand grip session in the weight room, or climbing drills on the wall. After a few years I handed off the class to Mike Rogers and then Mike Hershberger. I would substitute a few times a year, and still do. The Mikes altered and added things of their own. I have come to really like the term “lengthen core strength,” as a means to describe the core strength one needs to have for climbing. The list of exercises are names we’ve made up or taken from others to give us a guiding list to follow. We generally would only do half of the list provided on any given workout evening. If you have questions as to what an exercise is, just email me. -Hans Fall 2014