

The “Score your climbing gym workout” sheet:

This was developed around the time I was training to set The Nose speed record. (The Nose is a 3000 ft granite route up the face of El Capitan in Yosemite park.) I figured I would have to climb the route in around 3 hours. So I wanted to see how much climbing and exercise I could cram into 3 hours while in the gym.

Because I wanted the option to ALWAYS be doing something regardless of whether my partner was climbing or moving I assigned points to various activities one could easily do in most any gym. One could even do lunges WHILE one was belaying one’s partner climbing!

The points and bonuses are assigned with the idea that you are rewarded for things that would be beneficial to you climbing The Nose. Ie completing a *different* 5.11 is worth more than repeating the same 5.12. – this is justified by the fact that you never do the same terrain twice while climbing The Nose. – Also if you have a 5.12 dialed it may well be easier than onsighting a new 5.11. Although one might climb a 5.6 and a 5.11 on the same rope eventually one would have to untie and retie and the belayer would have to change over for doing many different routes.- You are rewarded *slightly* for those change overs as it is necessary to be good with gear and rope handling aspects like that on The Nose.

Obviously there is an honor system component involved on this scoring sheet. Even if you and a buddy are both doing push-ups, some people do not do the same range of motion on a push-up as others. The same goes for sit-ups and bar-dips. The deal here is to be honest and *consistent with yourself* so that you can measure YOUR output during a workout and monitor your improvement.- and yes, sure, you can compete against others in a somewhat objective way.

Should one have a small gym with few boulder problems or routes you are given a point value for repeats up to five repeats on a given route or problem. Be inventive but honest here: if your gym has a 5.5 simply off route a couple holds for yourself and call it a 5.6. You might also add some holds on a 5.10 so that you can give yourself points for a 5.9.

Being efficient is part of a quick ascent of The Nose. If you can climb two or four routes from one tie in, go for it. Also if you want to down-climb a route go for that too. If you climb route A and downclimb route A, you get the first go and repeat points for route A. If you climb route A and down-climb route B you get the first go points for both.

Some heart rate monitors have calorie counters on them, - whatever you do, you can take that value and divide by three to get your points!

Send us your best scores at the various exercises and climbing that you do.

Have fun and watch your improvement.

Hans Florine