



# Pre-Continental Training Camp

## Training Event Content:

The Pre-Continental training camp is aimed at providing all athletes a platform to understand the types of problems, routes and conditions they will likely encounter at international level competition.

The content this year has been formulated based on the types of conditions that were found at this year's world youth championships in Austria (2017)

## Timetable:

### Day 1 –

Boulder comp simulation – 4 boulders, 5 on 5 off

Focus on Boulder Styles – Balancy slab, coordinated catches, stepping and swinging dynos.

Day 1	
	Activity
7:00	ISO opens
7:30	
8:00	ISO closes
8:30	
9:00	Climbing starts
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	Boulder Review
13:00	
13:30	
14:00	
14:30	
15:00	Cool down and stretch

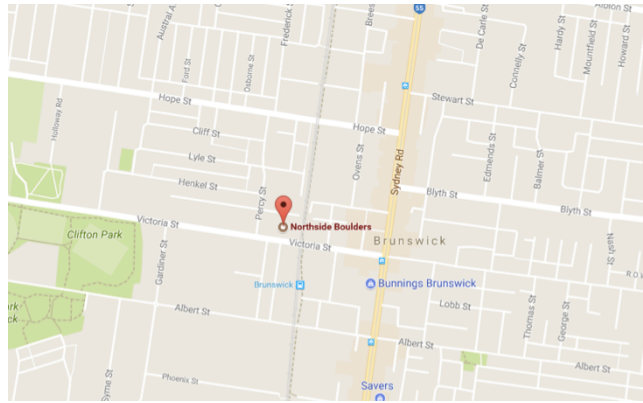
**Where:** Northside Boulder

329 Victoria Street Brunswick VIC

**Date:** 6<sup>th</sup> October 2017

**Time:** ISOLATION opens at 7am **CLOSES** at 8am

Bring own lunch and snacks.



Day 2 –

Lead on sight / flash format (if forerunning available)

Routes should focus on poor feet / tracking and committing movements

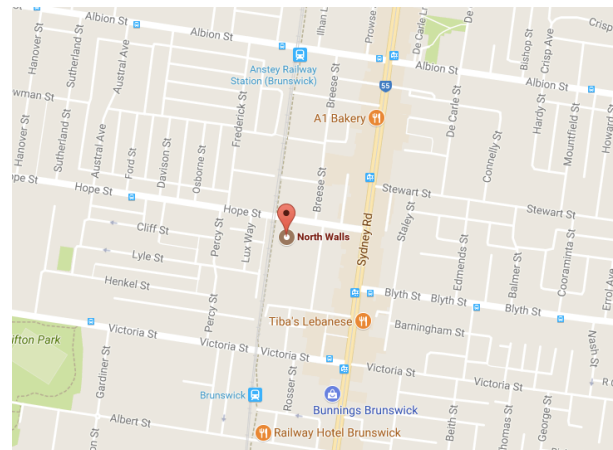
**Where:** North Walls

3/17-19 Hope St, Brunswick VIC 3056

**Date:** 7<sup>th</sup> October 2017

**Time:** Forerunning starts 7am

Bring lunch and snacks



Speed Climbing – focus on coordination and power, even if speed routes not available, focus on fast accurate feet, fast movement and multiple dynos. (Possible to set classic style speed routes)

**Where:** Gravity Worx

182-184 Sussex Street

Coburg, Victoria 3058

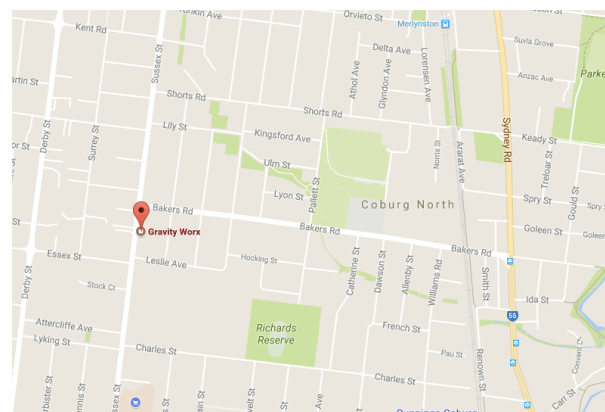
Australia

**Date:** 7<sup>th</sup> October 2017

**Time:** 1pm

Bring own food and snacks

And gym shoes.



<b>Day 2</b>	
	<b>Activity</b>
7:00	<b>Forerunning starts</b>
7:30	
8:00	
8:30	
9:00	<b>Climbing starts</b>
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
13:00	<b>Speed Climbing</b>
13:30	
14:00	
14:30	
15:00	<b>Cool down and stretch</b>

**Some volunteers will be needed to judge and belay. Please let Ellen know if you can assist.**