

Coaching

X.C.1 Strength Training

Climber will be assessed for maximum strength, muscle recruitment and performance on crimps, slopers, pockets, and pinches. You will then learn how to use boulder problems, the campus board and system wall to improve your raw climbing power. Clients will also get guidance in structuring climbing schedules and sessions as well as discussion of injuries and injury prevention.

**Three hours, 2:1 ratio \$50 each
(private lesson \$90)**

Advanced booking required.

X.C.2 Power Endurance Training

Climbers are assessed for their aerobic and anaerobic endurance capabilities and will learn how each aspect influences climbing performance. Learn how to effectively stress your body and train it to handle lactic acid build-up and beat the pump. If you have reached a plateau in your climbing, this focused course will help you advance to the next level. Clients will also get guidance in structuring climbing schedules and sessions.

**Two hours, 2:1 ratio \$40 each
(private lesson \$70)**

Advanced booking required.

X.P.1 Private Coaching

Get directed training and technique advice that addresses your specific weaknesses and needs. Video analysis, periodic training programs, time-line and goal setting are just some of the options available.

Contact Nikolai with questions or for bookings.

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\$45 per hour (packages available)



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