



Climb Strong Summer 2020 Training Camp: Lander, WY - August 8-9, 2020

Location:

Elemental Performance + Fitness
134 Lincoln Street
Lander, WY 82520

Saturday, August 8th (DAY 1)

8:00AM - 8:30AM: Welcome, & Introductions

8:30AM - 9:15AM: Mobility & Movement Prep

9:30AM: Testing w/Tyler Nelson begins (20mins per athlete)

3 Small Groups

9:30AM - 11:00AM: Block A

11:15AM - 12:45AM: Block B

12:45PM - 1:30PM: LUNCH

1:30PM - 3:00PM: Block C

3:00PM - 4:30PM: Redpoint Tactics, Training Philosophy, & Q+A

Sunday, August 9th (DAY 2)

8:00AM - 8:45AM: Mobility & Movement Prep

2 Small Groups

9:00AM - 10:30AM: Block A

10:45AM - 12:15PM: Block B

12:15PM - 1:00PM: LUNCH

1:00PM - 3:00PM: Individual Program Design begins w/Steve, Charlie, Alex, & Ken (30mins per athlete)

1:00PM - 3:00PM Group Q+A, Individual Session Work, & Debrief