

SAMPLE ITINERARY

PERFORMANCE CLIMBING (5 DAY)

MONDAY	<ul style="list-style-type: none">• Informal welcome chat with our staff and your course members• Decide which crag is best for the weather and focus for the day• Break performance down to consider the TTPP model (technical, tactical, physical, psychological)• Go climbing and see where everyone's at• Take it from there – seconding / top roping / leading with a safety rope / leading as appropriate• Return to PYB for tea and cake!
TUESDAY	<ul style="list-style-type: none">• Visit a sport climbing crag and look at how to use a clipstick and different belay devices such as Grigris and Clickups• Lead routes with a tactical focus; finding rests and good clipping positions, breaking the route in sections etc.• Considering how to manage the risk of leading a route – creating awareness of obstacles and distance in the event of a fall• Return to PYB for more tea and cake!
WEDNESDAY	<ul style="list-style-type: none">• Guided climbing day on an adventurous crag• Visit a crag or second a route that would be too much of a push to lead, e.g. Cemetery Gates, Left Wall, Wen• Return to PYB for more tea and cake!
THURSDAY	<ul style="list-style-type: none">• Climbing at a different crag and on another rock type• Consolidation and development of skills• Pushing your leading as appropriate
FRIDAY	<ul style="list-style-type: none">• Climbing at a different crag and on another rock type• Consolidation and development of skills• Pushing your leading as appropriate• Return to PYB for more tea and cake, and a fond farewell• Struggle to lift your mug as your arms are so pumped from the week!