

Training Plan Worksheet

What is your Goal/ what do you want to do?

Distance:

Naismith Equiv (distance+height gain*8):

Naismith pace (Duration/Naismith Equiv):

Terrain/scrambling/climbing grade:

Height Gain:

Duration:

Pack Weight:

Skills Required:

Notes:

Self Assessment - Where are you now?

Most Similar Activity in the last year:

Distance:

Naismith Equiv (distance + heightgain*8):

Naismith pace (Duration/Naismith Equiv):

Terrain/scrambling/climbing grade:

Height Gain:

Duration:

Pack Weight:

Observations (how did you feel, skills that need work, what are you good at, how big is the gap between this and your goal):

Current state of fitness, estimate for an average week:

Hours doing Aerobic activity (walking, running, cycling):

Hours climbing:

Number of Pitches:

Meters Climbed:

Hours doing strength/conditioning:

Use your average week + 10% as your starting volume for your training plan

If you are unsure start at 6-8 hrs per week

Training Constraints e.g. Christmas Holidays, Exams, injuries, how many weeks left etc.