

## Sample Big Wall Training Plan

Skill	I might have tried this	I'm fairly good at this	I'm super good enough at this
Placing all types of regular trad gear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using cam hooks and skyhooks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bounce testing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
French-freeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leading a straight-up aid pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leading an overhang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leading a traverse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Passing gear between the belayer and leader during a pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leading a pendulum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Switching between aid and free climbing during a pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leading a tension traverse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fixing mid-pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Setting up the belay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Releasing haulbags on a straight up pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Releasing haulbags on a traverse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Belay transitions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleaning a straight up aid pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleaning an overhang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleaning a traverse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Skill	I might have tried this	I'm fairly good at this	I'm super good enough at this
Lowering out from a pendulum point	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jumaring a free-hanging rope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Packing a haulbag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Docking and releasing a haulbag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1:1 hauling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2:1 hauling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3:1 hauling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Space hauling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hauling past a knot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hauling low-angled terrain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Descending with a heavy load	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Descending with a heavy load past a knot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rappelling with a damaged rope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Descending low-angled terrain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Retreating mid-pitch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Setting up the bivi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Setting up a portaledge and fly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using a hanging stove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Placing all types of pitons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Placing copperheads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tying each type of knot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Venue	Practised all the skills here once	Practised all the skills here a bunch of times	We're super good enough to move onto a bigger rock
Single pitch crag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multi pitch crag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade IV (long day route)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade V (1-2 nights on the wall)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grade VI (2+ nights on the wall)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

