IRCRA Speed Climbing
14/07/2018
Speed climbing (past)

- Speed climbing competition was organised on lead wall
- 13 - 15m high
- 7 - 9m incline
- Different routes → Competition in return
- Route learning
- Climbing time 12 – 14 sec for men
World Cup Chamonix 2006
Speed climbing (today)

Regulatory framework:

- 15m high
- 6m wide
- 5° de dévers
- 20 hand holds
- 11 foot holds
World Cup Moscou 2018
How define speed climbing today?

**Distance climbed**
- 60m minimum
- 120m maximum

**Number of movement**
- 16 for men (arms)
- 20 for women (arms)
- 13 for men (legs)
- 20 for women (legs)

**Effort time**
- Men Average time less than 6,10sec
  World record = 5,48 sec
- Women Average time less than 8,50sec
  World record = 7,32 sec
How define speed climbing today?

Recovery

• Almost full recovery between 6 and 30 minutes

Time of use for holds

• From 50 to 580 ms for hands (women)
• From 250 to 360 ms for feet (women)
How define speed climbing today?
What a speed climber is thinking about?

Hands
Feet
Pelvis
Shoulders

Jug
Pinch
Bowl
Internal
External
Front
High
Low

Left
Right
Horizontal
Oblique
Forward
Backward

To coordinate
To dissociate
Problematic:
To go faster by cladding better!
1st French team training camp in 2009
2010 to go faster => climb fluid

Developing more and more acceleration on the upper body

Developing more and more acceleration on the lower body
Need for a constant rise in the « center of gravity »
Setting up specific exercise

- In order to respond to the placement of the pelvis in proximity and distance from the wall
Placement of the shoulder line
Optimization of ankle cladding
Exercise 1
- Alignment Feet / pelvis / shoulder
- Dissociate upper and lower body
Exercise 2
- Important instability on upper body
- Multidirectional instability on lower body
Exercise 3
- Fixation of upper body
- Movement close to the activity on lower body
Evolution

- Instability on the upper body
Exercise 4
Ankle work down below