This exercise involves doing laps on a moderately difficult boulder problem or route. Alternate climbing burns with rest intervals; the rest phase should be roughly proportional to the length of the climbing phase. For example, if you climb for one minute, rest for one minute. Use a stopwatch to stay within these guidelines.

Continue with these intervals until you’re too pumped to complete the climb. Do at least three laps, and move on to another similarly difficult problem or route. If you can successfully perform more than five intervals, then select a slightly more strenuous climb for your next workout. It’s helpful to select routes that are void of tweaky holds or severe moves that might cause injury when climbed repeatedly and in an increasing state of fatigue.

Do two to three sets per session twice a week.