

Climbing and its place in our lives

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Agenda

- **Quick biography overview**
- **Early life, combining school and climbing**
- **A bit about climbing competitions**
- **Training for a goal in climbing**
- **What matters and should it?**
- **Q&A**

Short bio

- Born 1997 in Niš, Serbia
- Graduated International Baccalaureate in 2016, in Maribor, Slovenia
- B.Sc. in Electrical Power Engineering in 2019, FERI - Maribor
- M.Sc. in Power Engineering in 2023, TU Munich

- World Youth Champion (Arco 2015)
- World Games Champion (Wroclaw 2017)
- European Champion (Munich 2017), Vice-Champion (Moscow 2020)
- World bronze medalist (Moscow 2021, Innsbruck 2018)
- World Cup medalist...



The early beginnings



- Jelašnica outdoor climbing and training in Niš
- Travelling A LOT
- School and other activities: Music school, English classes, track and field, football, math competitions
- The key: time management and support of the parents





Senior career and support



Looking over the competition career

Positives

- Learned to be resilient, organised, how to improve, how to learn
- Visited amazing places all over the world
- Met people from different places and made precious friendships
- It helped me adapt to new environments
- Received support from brands and government organisations

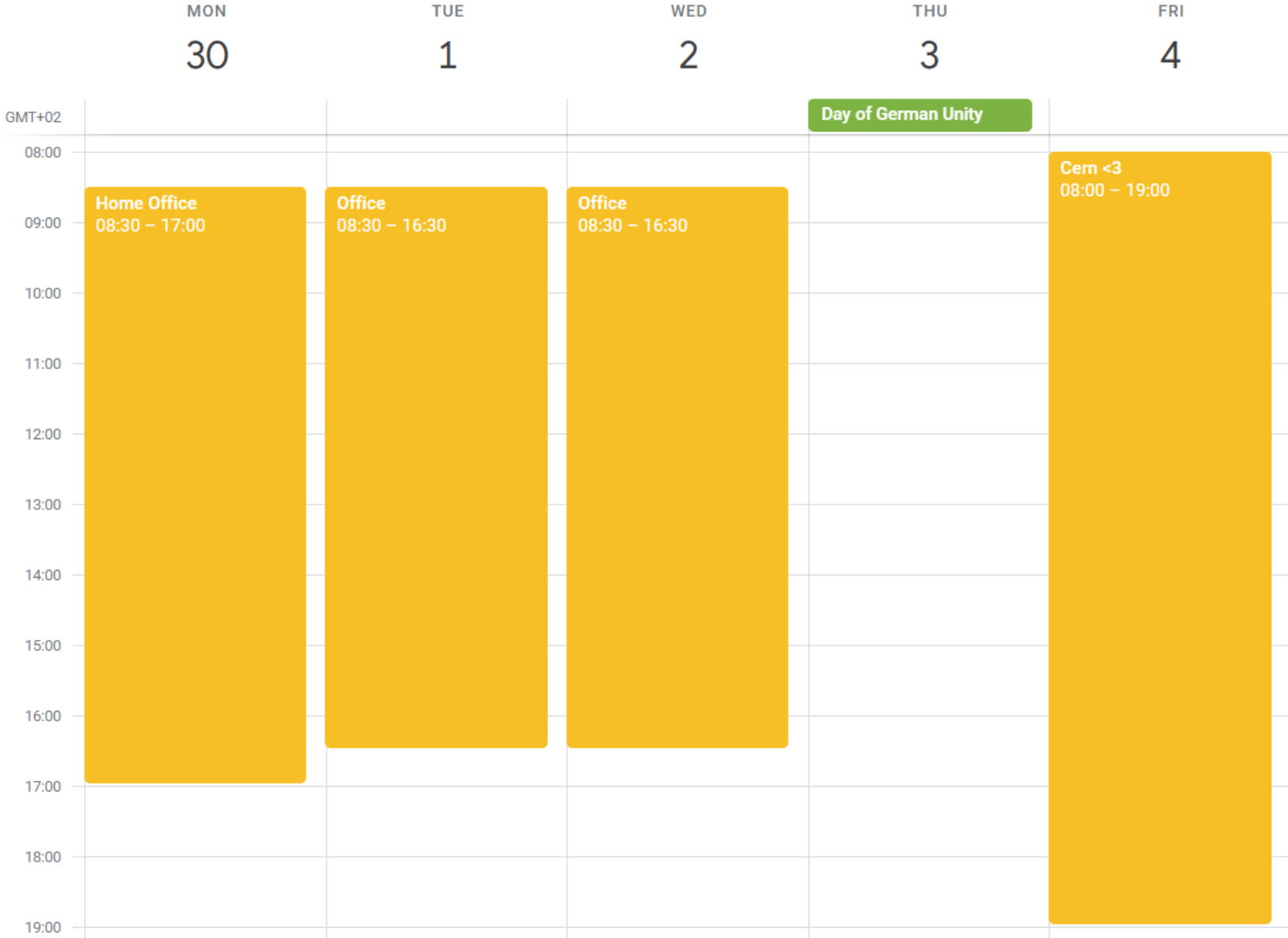
Negatives (or regrets)

- I forgot to appreciate the small things and the beauty of the places sometimes/often
- Put too much self-worth on the target and suffered when I didn't meet my goals
- Never got to be a part of a big functional team
- Mostly didn't really have fun if I wasn't winning or on the podium
- Setting too high expectations

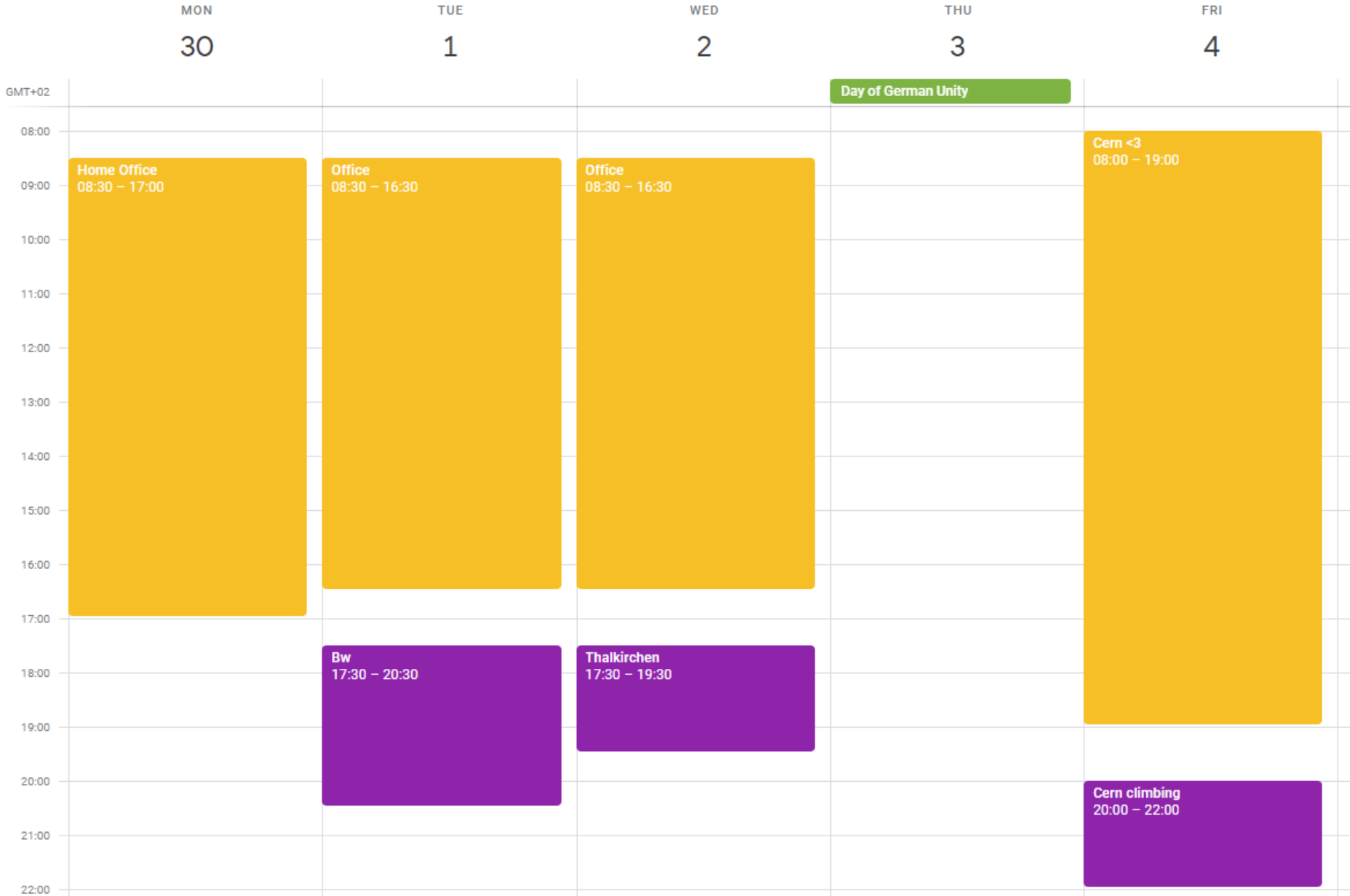
Combining work/school and climbing

- Create a **calendar** of your activities.
- Notice the **gaps** which you can use, take commuting into account.
- Give yourself enough **time to gather your thoughts**.
- Analyse your productivity and energy **levels**.
 - Are you more productive after the training or before?
 - Are you always tired after work? What can you do to improve focus? (nap, eat an energizing snack, drink coffee...)
- **Are you going climbing to meet with people?** (it takes more time adjustment)
- **Are you training for a specific goal?** (do a more intense and shorter session by yourself whenever you have time)
- **Take into account fatigue, skip sessions if needed or try to reschedule them**
- **Take food with you if necessary**

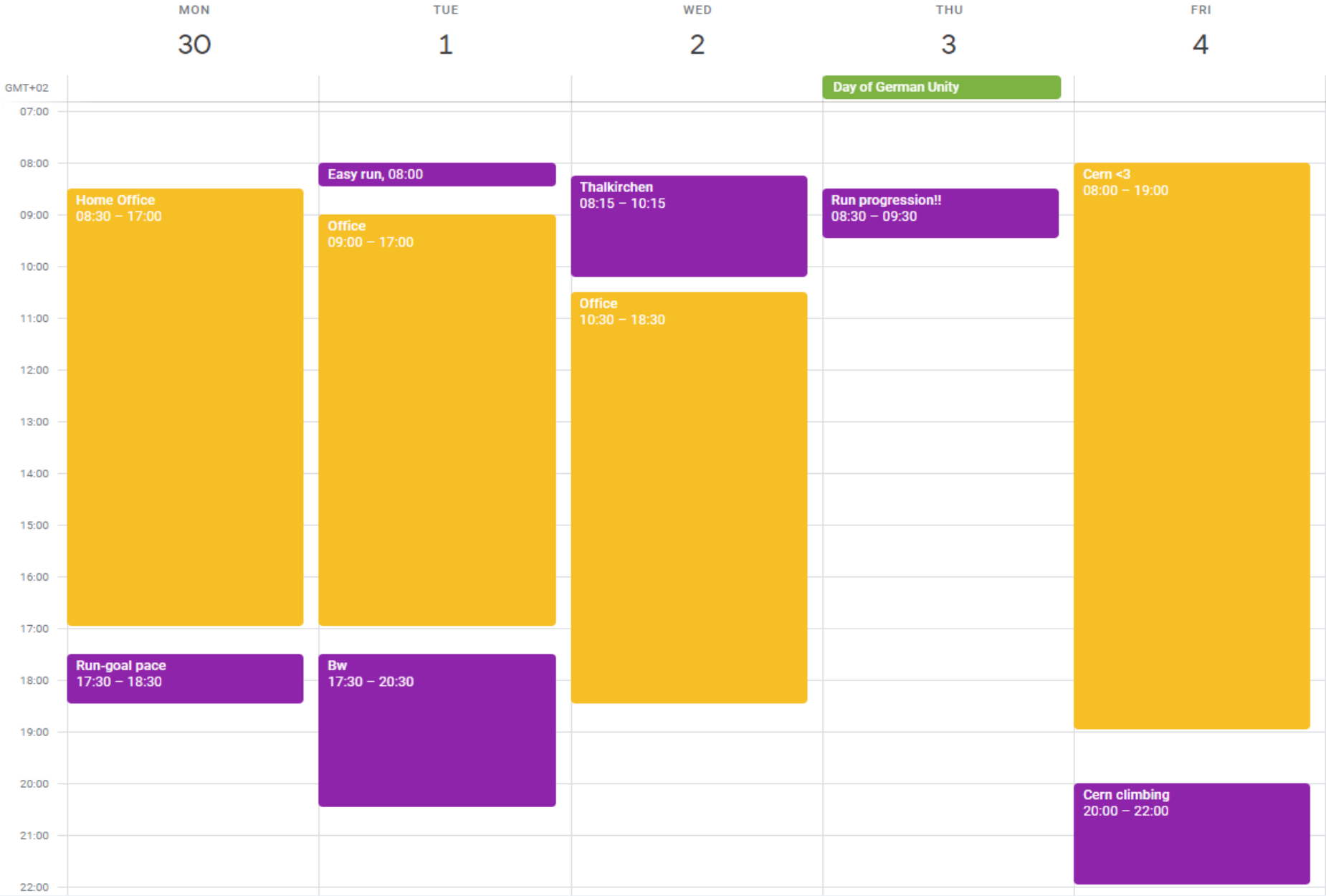
Example



Example

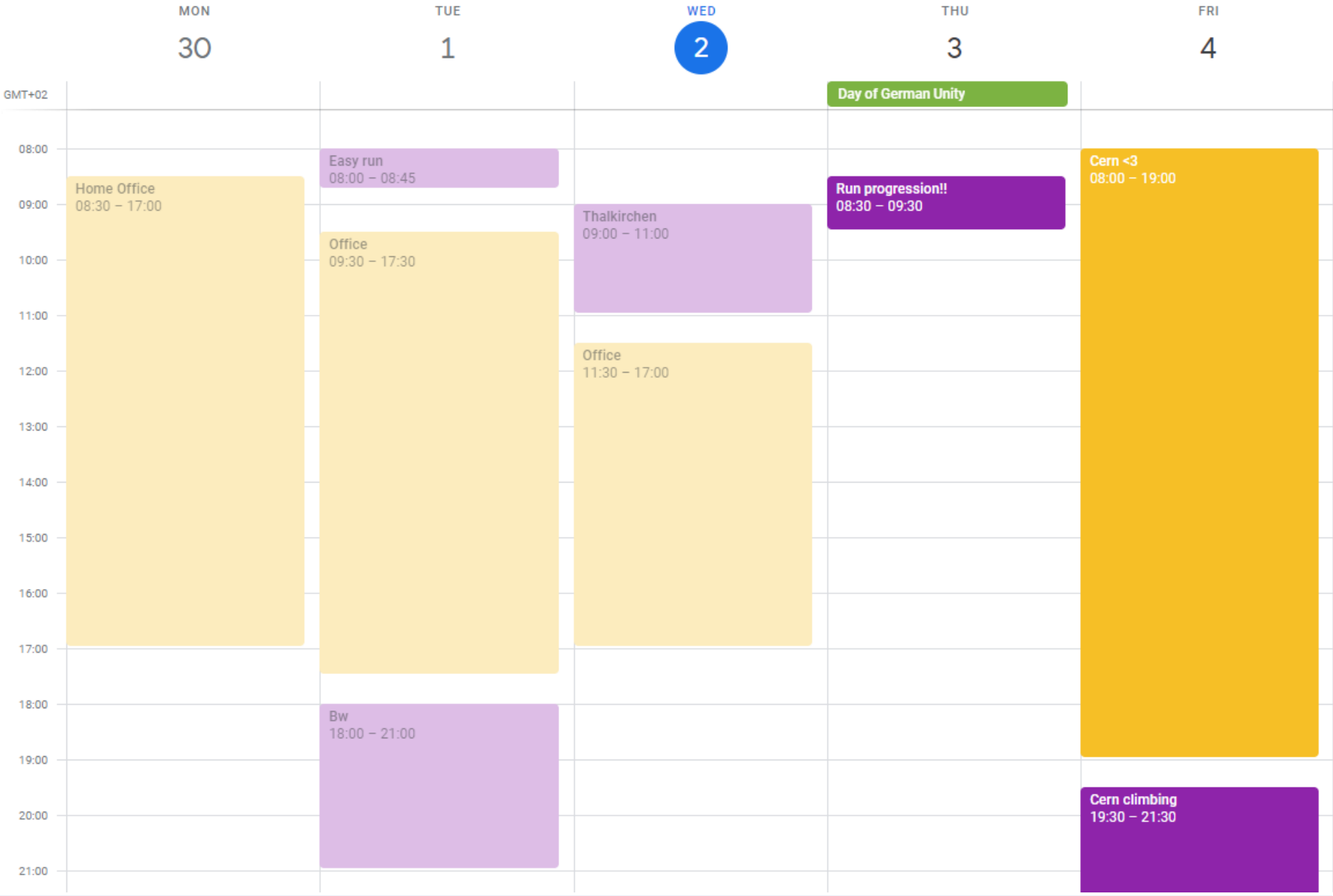


Example



Example

Actual realisation



Training in climbing

- **Define your goal. Climb a route/boulder? Do a certain exercise? Win a competition?**
- **What do you need to reach that goal, which skills are required?**
- **Which of those skills are you already very good at?**
- **What are you not so good at?**
- **Are you willing to devote your time in order to improve that weakness?**

Maintenance – few sets to keep the intensity and stimulation

Gains – more sets or more reps or more weight to see improvements

If there is no stimulation, depending on the type of fibres, the performance will decline.

It doesn't have to be complicated:

- Endurance – circuit until insanely pumped (less moves, more power = power endurance, middle-length endurance (20-30 moves), „long distance“ endurance (>40 moves)
- Power – maximum 1 to 3 reps of an exercise 0r up to 5s of hanging/holding
- Mobility, balance, technique – consistent repetition and focused learning

Training in climbing

It is possible to notice improvements by implementing a handful of exercises into the climbing sessions.

If it is an outdoor project, you can train 2x in the working week and climb outside on the weekend!

Implement rest weeks after every two to three weeks of more intense training.

Personal tips:

- Do maximum power exercises (dead hangs, campus, weighted pull ups) before the main session (climbing), after warmup.
- Endurance training should be done after or separately from the power training.
- Avoid highly intense exercises at the end of your session to prevent injuries.

- **You don't need to starve yourself to climb better.**
- To improve technique – **watch others who are more skilled, try to „copy“ their movement & REPEAT.**

- Every now and then evaluate what you have improved at and what aided that improvement (ex. journal).
- Find weaknesses you want to address and break them down to see how you can improve.
- **DON'T OVERDO IT**, it rarely helps.

What matters? Should it?

Self-worth – what defines it? What should not define it?

Why do we care?

Should we care less?

Self and others

Self and environment/nature





Ask me anything!