



# The Rock Climber's Training Manual | Three Season Training Log

*Michael L Anderson, Mark Anderson*

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You might be a veteran of physical training and conditioning or you might be brand new to the concept. Either way this logbook will help you continue to improve by helping you stay organized and easily chart your progress each week. All the logs and charts needed for three complete training seasons are included in this logbook, making it easy to visually see your growth and accomplishments throughout the season.



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