

TRAINING FOR CLIMBING

攀岩训练

My name is Glina Parfino, and, I guess I'm a climber. In the summer, I love going to the climbing gym in the morning before it gets too hot and all I wanna do is lay on in the couch and go sleeping. I recommend fill a few hours and boulder around on the 45 wall and *****

我叫 Glina Parfino（拼写不确定），我应该算个 climber 吧。在夏季，我喜欢早上去岩馆，中午太热我就躺在沙发上睡觉。我建议留上几个小时时间先在 45 度的墙上随便爬爬。

DEADHANGS/悬垂

5-10, 5 SECOND DEADHANGS 下列四种点，每种来 5-10 个 5 秒悬垂

- **CRIMPS**（单指节的那种点）
- **PINCHES**（捏的那种点）
- **SLOPERS**（大包包或斜面，靠摩擦的那种点.....够了）
- **POCKETS**（指洞）

A train about four or five times (a week), I use a chart to give track of all my work day.

每周（这个实在没听清）训练上四五次，我搞了个表格来记录我每天的训练情况。

I start with 5 second deadhangs, I'll do five to ten and start grip, usually with the wiggle.

首先做几个 5 秒悬垂，我一般会抓紧曲面做上五个十个的。

I first got the idea to pull the 100 pull-up from MH's blog. He is the ancestor to do 50 or 100 pull-ups per day. Basically, you go all the way up until full pull-up and lock on for 5 seconds. You go back down, go all the way up again and lock on at 45. Then go to 90, and 120.

我是从 MH 的博客里看到 100 引体这种训练方式的。MH 就是那个每天做 50 或 100 个引体的先驱（逗比）。简单来说，你先完完全全引体到头儿，锁定五秒，然后降下来，再拉上去，然后在 45 度角的地方锁定，90 度，120 度，以此类推。（这个讲解的就是一种 FRENCHY）

100 PULL-UP WORKOUT/100 引体锻炼

- **8 FRENCHIES** 8 个 FRENCHY
- **8*6 UNEVENS** 8 个不对称的引体做 6 组（引体时两个手用的点、高度位置等不一样，甚至可以像视频里那种一只手抓门框）
- **20 REG.** 20 个正常的引体

Like Frenchies, uneven pull-up top 10 lock-offs.

和 Frenchy 一样，不对称引体也拉起来，在最高处锁定。

At the end, I also try to campus a little bit.

最后，我也会在指力板上 campus 一小会儿。（campus 就是那种双脚离地，手瞬间换位置的暴力动作，）

CAMPUS RUNGS/Campus 条（就是那种通常等距平行钉着很多木条的板子，

也叫 campus board）

So to warm up, I'll campus up and down a few times without matching.

热身时候呢，我先上下 campus 几发，中间不并手。（并手是指两只手同时放在同一个手点上的动作）

Then I'll reach hand up and down as if sweeping the road. For my favorite are the lock-offs. From one hand up, so you can't go any higher, then come back down.

之后，我就一只手往上够，然后再回来，就像摸高一样。当然啦，我的最爱还是锁定，一只手不动另一只手往上一格一格走，直到走不动了，再一格一格下来。

When I jumped up to the campus board a few months ago, I can't do a single double-clutch. I guess there must be a pretty big learning period 'cause I was able to do 5 by the end of my fourth session.

几个月前，我第一次蹦上 campus board，发现自己一个双手离合（就是两只手一起移动）都做不了。我觉得这其中必有蹊跷……果然当我第四期训练结束时，我已经能搞五个了！

ROCK RINGS（就是那个圆圆的挂起来的摩擦力很大的球，翻译成石球感觉会被打）

5 SETS 五组

- **10 EXTENSIONS 10 个伸展**
- **10 ONE ARM LOCK-OFFS 10 个单手锁定**
- **1 FRENCHY 1 个 FRENCHY**

A few months ago, enter those online one-minute *****

几个月前，我从网上找攀岩赛报了个名（原文没听清，大概就这意思）

Although it start up slow, there are ten of the entry on the last day, and I was pretty surprise that I won.

尽管比赛异常缓慢（美国岩馆很多攀岩赛都是限定一天或多天时间，你挑自己有空的时候来爬，也不知道别人爬的咋样，完成不同线路有不同分数，最后统计出来才知道谁第一谁第二然后才会通知参赛者），不过最后一天出结果时，取成绩前十，我竟然进了！

Since then, I've tried to do appropriate the recreates and to maintain training.

从那时起，我就想科学地搞搞这项运动，保持训练。

And I was not even sure what these are called, I just remember people doing them all the time ***

其实一开始我根本不确定这圆球叫啥，我只看到人们疯狂地在这玩意儿上训练。

After taking 30 seconds break, I'll do ten one-hand lock-offs.

休息 30 秒，然后我做 10 个单手锁定。

And finally, I work out completely with Frenchies

最后，做做 FRENCHY 把力量用尽。

潜台词：这就是本汉子普普通通的一次训练，尔等虚逼岩渣随便感受下。

扣词/译：谋哲