

Hangboard interval and session worksheet

Date: _____ Pattern name: _____ Completed: _____

Block	Work seconds	Rest seconds	Repetitions	Sets	Plan / actual notes
1					
2					
3					
4					
5					
6					
7					
8					

This is an interval-planning and recordkeeping resource. It does not choose a training routine, prescribe loads, interpret pain or provide coaching or medical guidance.