

The Sprinters Challenge

One season, one summit. Train fast, climb higher.

4 Months to Train and Ascend

Phase 1 ▶ Base Build at home (April - June)

your challenge includes an off-season strength and cardio training plan featuring endurance, stair stepper and max strength.

Phase 2 ▶ Alpine Skills Course in Red Lodge

(May - June) Pick your dates for an essential 2-day rock and multi-pitch climbing practice in Red Lodge, MT. You'll iron out core skills for the summit.

Phase 3 ▶ Pre-Trip Alpine Climb

(July) - 3-day guided ascent of Spirit Mountain, Metcalf North Rib, or Storm Tower.

Phase 4 ▶ The Expedition

(Aug - Sept)- 5-day Ascent of Granite Peak, Montana's Highpoint,

Price: \$6995 **Basecamp:** Red Lodge, MT (Airport Billings Logan)
Included: 8 days of guided alpine climbing, 2 days skills course, 1 training plan, curated gear list, 2 planning calls with a guide, trip planner

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