

# Study Determines How High a Climber Can Go

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It has been often thought that the maximum time an athlete is able to continue climbing to [exhaustion](#) may be the only determinant of his/her [performance](#).

A new European study, led by researchers from the University of Granada, the objective of which is to help trainers and climbers [design](#)training programmes for this type of sport, shows this to be the case.

Until now, performance indicators for climbing have been low [body fat percentage](#)and grip strength. Furthermore, existing [research](#)was based on the comparison of amateur and expert [climbers](#). Now, a new study carried out with 16 high-level climbers breaks with this approach and reveals that the time it takes for an athlete to become exhausted is the only indicator of his/her performance.

Vanesa España Romero, the main author of the [work](#) and researcher at the University of Granada explains to SINC how "these findings could help trainers or athletes in the design of sport climbing training programmes so that Spain can continue to lead the way in this sporting activity throughout the world".

The study, published in the *European Journal of Applied Physiology*, analyses the [physiological](#)parameters that determine performance in this sport at its highest level. The participants, eight women with an average rating of 7a (the scale of difficulty of a climbing route is graded from 5 to 9, with sub-grades of a, b and c) and eight men with an average rating of 8a, were divided into an "expert group" and an "elite group".

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