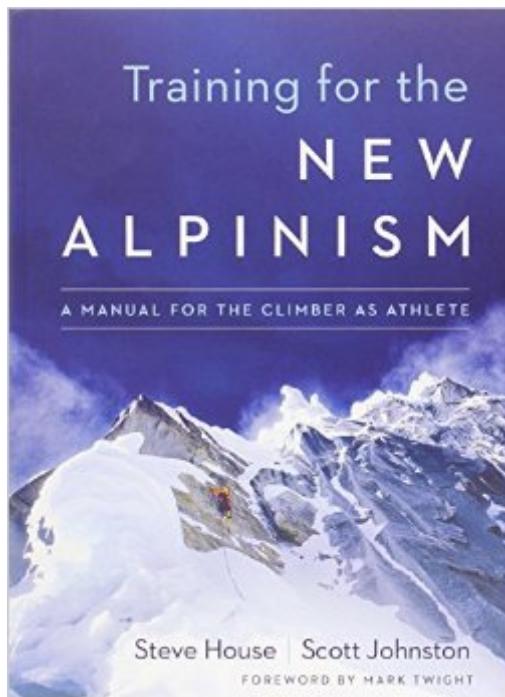


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# Training For The New Alpinism: A Manual For The Climber As Athlete



## Synopsis

In *Training for the New Alpinism*, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

## Book Information

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## Customer Reviews

This is an outstanding, thorough, well done training manual for the mountaineer/alpinist. I've read it twice now, and it was even better the second time. It is not a "how to climb" book, that teaches you the knots, steps, and moves, or even a "climbing training" book, in the sense of teaching how to do on-the-rock or on-the-ice training the local rock gym or crag. There are several superb books on those subjects (Gadd's, Houston & Cosley's, Horst's, Long's, Leubben's, and more). House &

Johnston is different: this book teaches you how to optimize your fitness for climbing, alpine climbing in particular, i.e., to put "more climber" behind the skills you have. The orientation is for both mountaineering and technical alpine projects - whether your goal is winter 14ers, classic alpine routes, Ruth Gorge classics, Andean or Himalayan giants, or anything within that general spectrum of casual outdoor recreation, this is your state of the art training Bible. And Lord knows, they deliver the gospel and deliver it well. House and Johnston know their stuff, from the theoretical and biological underpinnings of fitness They dispatch the tired and too-often said "just go climbing" - no athlete interested in maximizing performance "just goes climbing/running/riding." It takes more. But "more" does not just mean more often, or harder, or longer. This book tells you what "more" means - it is a thorough explanation of what the physical demands of alpine climbing actually are, what the science tells us about the best ways to train those capacities, and how to put all that together into an executable program. What, when, how much, how often, how long, how heavy, how hard . . . ALL the information you need to get in the best conditions your genes and environment allow is all there.

I will be honest that as a bit of a skeptic I was put off by the title from the start. "Training for the New Alpinism" • immediately brought to me a flurry of questions such as what is the new alpinism? Was the old way wrong? Has it changed all of sudden and who gets to redefine what is new? Surely, no one would call Messner the old alpinist since so few could repeat his works. Then when I saw who had written the book I knew immediately that both of authors were in a position of authority on the topic. Steve House, who claims not to be a genetically gifted athlete, is considered by many to be one of the greatest American alpinist of our time. House has no shortage of great climbs to his name but his marquee work is "The Central Pillar" • (M5 X, 5.9 WI4) on the Rupal Face of Nagat Parbat (8,126m). For his efforts he and his partner were awarded the coveted Piolet d'Or. Scott Johnston has a well-established career as a climber and World Cup cross-country skier. With his own spectacular resume of climbs in the greater ranges Johnston now coaches many of the country's top athletes. With authorities such as these the skepticism had to be put aside for intriguing dive into the book. Much like the process of training this book requires a fair amount of discipline and commitment. It reads more like an old college science text book rather than the overly simplified light read that you might find in the pages of Climbing or Men's Health. With a deep push into the actual physiology of the physical fitness training it may take multiple rereading of sections to really fully understand and incorporate many of the concepts. This is not a book for the half-hearted two week New Year's resolution crowd.

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