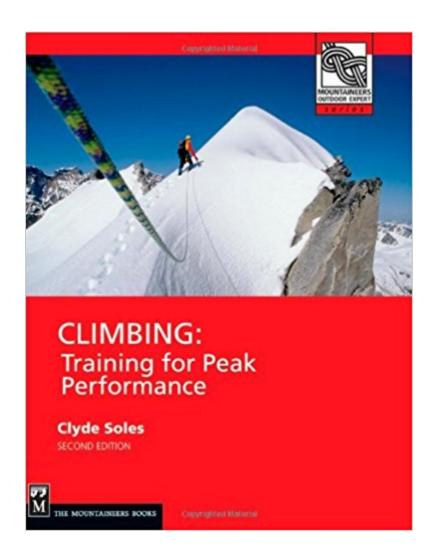


# The book was found

# Climbing: Training For Peak Performance (Mountaineers Outdoor Expert)





# **Synopsis**

CLICK HERE to download the chapter titled "Climbing at Altitude" from Climbing: Training for Peak Performance"Whatever your talent, experience, and ambition, if you climb you would do well to read Clyde Soles' training manual. This book will allow you to pull down harder, last longer, and have more fun while you're at it." -- Jon Krakauer, author of "Into Thin Air"\* Climbing exercises to build strength, endurance, flexibility, and aerobic fitness\* Up-to-date nutritional information to power your climbing training\* Climbing fitness tips that prepares you both mentally and physicallyClimbers at all levels benefit from working to build core strength, opening the door to higher levels of achievement. This important edition in the Mountaineers Outdoor Expert series covers everything you need to improve your climbing fitness in ways that takes your performance to the next level. There is even instruction on yoga, Pilates, and herbal supplements, as well as a section on core training. Climbing: Training for Peak Performance also contains information about rehabilitation after an injury, plus several new training programs.

## Book Information

Series: Mountaineers Outdoor Expert

Paperback: 320 pages

Publisher: Mountaineers Books; 2 edition (August 25, 2008)

Language: English

ISBN-10: 1594850984

ISBN-13: 978-1594850981

Product Dimensions: 6.8 x 0.5 x 8.4 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 21 customer reviews

Best Sellers Rank: #1,041,039 in Books (See Top 100 in Books) #111 in A A Books > Health,

Fitness & Dieting > Sports Health & Safety #145 inà Â Books > Sports & Outdoors >

Mountaineering > Rock Climbing #1201 in A A Books > Sports & Outdoors > Mountaineering >

Mountain Climbing

### Customer Reviews

"Overall, Climbing: Training for Peak Performance is a valuable synthesis of state-of-the-art advice across all the important areas of athletic training related to climbing and other outdoor pursuits." (GearFlogger.com)"Should I buy this? Yes. If you are a climber, hiker, hill walker, skier, mountain biker or anyone that enjoys activity in the outdoors, there will be something in this book that you will

benefit from. Even if you are simply interested in general fitness there is much here that will help you improve your performance." (conditioningresearch.blogspot.com)"Soles provides that rare experience, text book attention to detail in a hugely readable form." (Bernard Newman The Alpine Journal)

CLYDE SOLES is a writer-climber with varied experience in the field. He has summitted 8000-meter peaks and has written for magazines and authored several books, including The Outdoor Knots Book, Climbing: Training for Peak Performance, and Climbing: Expedition Planning, all published by The Mountaineers Books. For more information about Clyde, visit his web site at ClideSoles.com.

I decided it was time to lose some weight for real and get into shape. One year and 28 pounds later with a resting heartrate in the low forties (less than my current age) I stumbled across this training guide. It's a great book! Solid science backing up simple truths: good nutrition, work hard, stay consistent. I gained a deeper insight into the progress I had already realized and learned some interesting things about current weaknesses and how to overcome them. For beginner or intermediate middle-aged mountaineers, hikers, climbers, or whatever kind of out-door wanna-be you are, this book is a bargain. Couple it with some of the specialty volumes in the series and you'll soon find yourself prepared to tackle your first 5.10 route or 8000 meter peak.

I initially purchased this book without hesitation upon recognizing Clyde Soles' name and recalling his excellent work as the gear editor for "Rock and Ice." And while he has done an excellent job of amassing a wide variety of information and adjusting it to a climbers needs, none of the material presented is really that original or profound. The bottom line of this books is eat healthy, train both aerobically and anaerobically, and supplement your climbing with strength training. I would reccommend this book for someone new to climbing and looking to set the foundation for good health and climbing. More experienced climbers looking for an additional edge or those with a solid understanding of the principles of health and fitness, however, should look elsewhere.

If your new to climbing or want to try some mountaineering this is a good read. Most of the information within is common sense but Soles lays it out for climbing. Eat right, train, strengh train, etc. Very helpful in getting you started on the right track.

The author is definitely opinionated on diet and exercise topics (and offers little proof)... still he

made me rethink a few concepts and I'll give them a try before the summer climbing season is once more upon us.

Has good breakdown and suggestions to jump start cardo training specifically for climbing or trekking. I followed the cardio planning to the letter and my conditioning improved drastically. Easy to understand max performance thresholds. Good approach to pointing out what to avoid, what is myth vs fact. pay attention to the tips-he explains what NOT to do, This definitely is accurate and on spot to prevent injuries. Aerobic conditioning chapter is great. He provides a template for cardio planning. Most trainers charge and arm and leg to set this up for you. I highly recommend purchasing a heart rate monitor for this type of training. Eventually you will be able to work out without the HR monitor since the training will teach you how to pay attention to your body's cues.

I read this book, over and over. It has detailed exercise programs for all types of climbing, from sport to big mountain mountaineering. Easy to follow. I would recommend.

Clyde has done an excellent job of taking on the strength and endurance issues relative to climbing. You won't find the technique focus of other successful climbing instructionals such as Performance Rock Climbing or Flash Training, but you will find much solid background for developing depth and background in your aerobic and anaerobic programs. Much good reference information is included also.

I was looking to improve my rock climbing abilities to prepare for the spring. This book is definiately informative with a clear and concise overview of what works and what is fad.

### Download to continue reading...

Climbing: Training for Peak Performance (Mountaineers Outdoor Expert) Rock Climbing: Mastering Basic Climbing Techniques, Skills & Developing The Climbing Warrior's Mindset (Rock Climbing, Bouldering, Caving, Hiking) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Experts) Sunset Outdoor Design & Build: Barbecues & Outdoor Kitchens: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering (Mountaineers Outdoor Expert Series) Cross-Country Skiing: Building Skills for Fun and Fitness (Mountaineers Outdoor Expert) Crate Training: Crate Training Puppies - Learn How to

Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Island Peak/Mera Peak: Climbing and Trekking Map Rock Climbing: Mastering Basic Climbing Techniques, Skills & Developing the Climbing Warrior's Mindset Thieves, Liars and Mountaineers: On the 8,000m peak circus in Pakistan (Footsteps on the Mountain Travel Diaries) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Wilderness Navigation: Finding Your Way Using Map, Compass, Altimeter & GPS (Mountaineers Outdoor Basics) Backcountry Bear Basics: The Definitive Guide to Avoiding Unpleasant Encounters (Mountaineers Outdoor Basics) Sunset Outdoor Design & Build Guide: Garden Pools, Fountains & Waterfalls: Fresh Ideas for Outdoor Living (Sunset Outdoor Design & Build Guides) 1001 Climbing Tips: The essential climbers' guide: from rock, ice and big-wall climbing to diet, training and mountain survival The Ascent of Denali: A Narrative of the First Complete Ascent of the Highest Peak in North America (Mount Mckinley: a Narrative of the First Complete Ascent of the Highest Peak in North America)

Contact Us

DMCA

Privacy

FAQ & Help