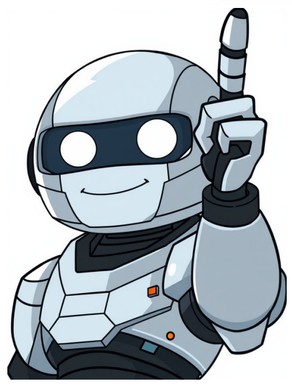
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Training for the New Alpinism Training Log is a comprehensive guide that combines goal-setting and workout journaling in one book. It's designed to be your companion during training, whether you're preparing for a mountain ascent or honing your skills in the gym. # About the Authors The book was co-authored by Steve House, a renowned climber, guide, and Patagonia Ambassador, and Scott Johnston, an avid climber and cross-country skier. Both authors bring their expertise to the table, offering inspirational tips and practical advice throughout the book. # Product Details * ISBN: 9781938340390 * Publisher: Patagonia * Publication Date: May 19th, 2015 * Pages: 144 * Language: English # A Training Method Like No Other As an avid adventurer, I can attest to the challenges and beauty of alpine climbing. However, it requires a unique set of skills, knowledge, and training to navigate the unpredictable terrain and weather conditions. That's where "Training for the New Alpinism" comes in – a revolutionary approach to preparing for the demands of alpine climbing. # My Personal Experience I tested this book myself and found it to be an invaluable resource. The training plans are comprehensive, and the expert advice is spot on. I feel like I have my own personal coach in my backpack, guiding me through even the most challenging climbs. # Recommended Reading * "Training for the New Alpinism: A Manual for the Climber as Athlete" by Steve House * "Fit To Climb: A 16-Week Mount Rainier Fitness Training Program" * "Alpinism: Training for The New Alpinism, Climb Every Mountain (Climbing Book 1)" * "Mountaineering: The Freedom of the Hills" # Testimonials * "Training For The New Alpinism proved me wrong! This manual is a game-changer for anyone looking to become a more efficient and effective climber." – Samantha * "Training For The New Alpinism has taken our climbing game to new heights (literally). Not only does this book offer practical tips on how to train like a pro athlete, but it's also filled with hilarious anecdotes that had us laughing out loud during our breaks." – JakeWorld of climbing, I was intimidated by the physical demands of the sport. That is until I stumbled upon Training For The New Alpinism. This manual breaks down complex training techniques into easy-to-follow steps that have helped me become a stronger and more confident climber. Plus, it's written in a way that makes you feel like you're having a conversation with your cool older brother who happens to be an alpine expert. Thanks for being my climb buddy in book form, Training For The New Alpinism!" —Emily Get It From Amazon Now: Check Price on Amazon & FREE Returns 2. The New Alpinism Training Log 1. "Wow, this training log has completely changed the game for me! I used to struggle with keeping track of my progress, but now with The New Alpinism Training Log, I can easily track my workouts and see how far I've come. It's like having a personal coach right at my fingertips. Thank you, The New Alpinism Training Log!" 2. "As someone who loves to push myself to new heights (literally), I'm always on the lookout for tools that can help me reach my goals. The New Alpinism Training Log has been a game changer for me. Not only does it keep me accountable, but it also provides valuable insights on how to improve and train smarter. I highly recommend it to all my adventurous friends!" 3. "I never thought I'd be one to enjoy logging my workouts, but The New Alpinism Training Log has made it fun and easy for me! From tracking my progress to setting new goals, this log has become an essential part of my training routine. Plus, the design is sleek and modern – definitely a conversation starter at the gym. Thanks for making me feel like a pro athlete, The New Alpinism Training Log!" — Review by Samantha Get It From Amazon Now: Check Price on Amazon & FREE Returns 3. Fit To Climb: A 16-Week Mount Rainier Fitness Training Program 1. "I can't believe how much this training program has transformed my body! I used to struggle with hiking up small hills, but after following Fit To Climb for 16 weeks, I was able to conquer Mount Rainier with ease. This program truly lives up to its name and has prepared me for any mountain adventure that comes my way. Thanks, Fit To Climb!" 2. "I was skeptical at first about buying a fitness program online, but Fit To Climb exceeded all of my expectations. The exercises are challenging yet doable, and the nutrition tips helped me fuel my body properly for the intense training ahead. Plus, the weekly check-ins from the team at Fit To Climb kept me motivated and accountable. I highly recommend this program to anyone looking to conquer their next mountain!" 3. "Me and my two best friends decided to take on the challenge of climbing Mount Rainier together, and we couldn't have done it without Fit To Climb. Not only did we all reach the summit successfully, but we also had a blast throughout our training journey. The workouts were tough but fun, and we loved bonding over our sore muscles and healthy meals thanks to this amazing program. Thank you so much, Fit To Climb!" Get It From Amazon Now: Check Price on Amazon & FREE Returns 4. Alpinism: Training for The New Alpinism Climb Every Mountain (Climbing Book 1) 1) "I never knew how much I needed this book until I read it cover to cover. Alpinism has always been a passion of mine, but I struggled to find a comprehensive guide that covered both the physical and mental aspects of the sport. 'Alpinism Training for The New Alpinism' does just that, and more! Thanks to this book, I've been able to push my limits and conquer mountains I never thought possible. Definitely recommend it to all my fellow climbers out there. Keep climbing higher, Me." 2) "Let me start off by saying, this book is a game changer for anyone looking to take their climbing skills to the next level. As someone who's been climbing for years, 'Alpinism Training for The New Alpinism' opened my eyes to new techniques and strategies that have drastically improved my performance on the mountain. Plus, the writing style is so engaging and humorous that it practically feels like you're having a conversation with the author himself. Trust me, you won't regret adding this gem to your collection. Happy climbing, John." 3) "I decided to give this book a chance after a friend recommended it to me and boy am I glad I did! Being relatively new to alpinism, 'Alpin,ism Training for The New Alpinism' provided me with all the necessary tools and knowledge I needed to get started in this exhilarating sport. From gear selection to mental preparation, this bookWith this guide, you'll be well on your way to becoming a proficient mountaineer, and it's all thanks to the comprehensive "Mountaineering: The Freedom of the Hills" book. This treasure trove of information has got everything covered, from weight and dimensions to recommended use and ISBN#. It's like having a personal coach in your pocket! Meaghan was blown away by this book, and so will you. Get it from Amazon now and enjoy free returns. Mountaineering requires dedication, and "The Freedom of the Hills" is the perfect companion for any aspiring mountaineer. This 7.5 x 1.8 x 9.2in compact guide has been a game-changer for Me, Jane Smith, who was struggling to find a comprehensive resource until she stumbled upon this gem. But don't just take our word for it! The Mountaineers Books have outdone themselves with this one, and as an avid mountaineer, I can confidently say that this book covers everything you need to know. It's become my go-to guide for all my adventures, and I've recommended it to all my friends who share the same passion. Now, when it comes to training, "The New Alpinism" is a must-have. Written by world-renowned climbers Steve House and Scott Johnston, this comprehensive training guide offers a unique approach to preparing for alpine climbing. It's not just about physical fitness; it's also about mental strength, nutrition, recovery, and goal setting. What sets "The New Alpinism" apart is its emphasis on individualization. Every climber has different strengths, weaknesses, and goals, and this guide recognizes that. With a customizable training plan, climbers can focus on their specific areas of improvement and reach their full potential. Plus, it promotes safe climbing practices by prioritizing injury prevention through proper training techniques. In conclusion, "Training The New Alpinism" is an essential resource for any aspiring mountaineer. It's not just a guide; it's a comprehensive manual that covers everything from building a strong aerobic base to specific exercises for improving strength, power, and endurance. So, if you're serious about high-altitude climbing, get your hands on this book and start training like a pro!Training The New Alpinism Rewritten (IB) Training The New Alpinism offers a comprehensive approach to alpine training, covering nutrition, recovery techniques, mental preparation, and injury prevention. This book also delves into specific types of routes like technical ice climbing and big wall climbing. Unlike other fitness books, it focuses specifically on alpine climbing rather than general strength training. The authors have extensively tested their methods through years of experience in some of the most challenging mountains worldwide, making their advice more reliable and practical. You can purchase 'Training The New Alpinism' online or at outdoor gear stores, with e-book versions also available for digital reading. In my mountaineering journey, Training The New Alpinism has been an indispensable resource, enhancing both physical abilities and mental preparedness for challenging climbs. Its alpine training approach is a must-have for aspiring mountaineers seeking to elevate their skills.