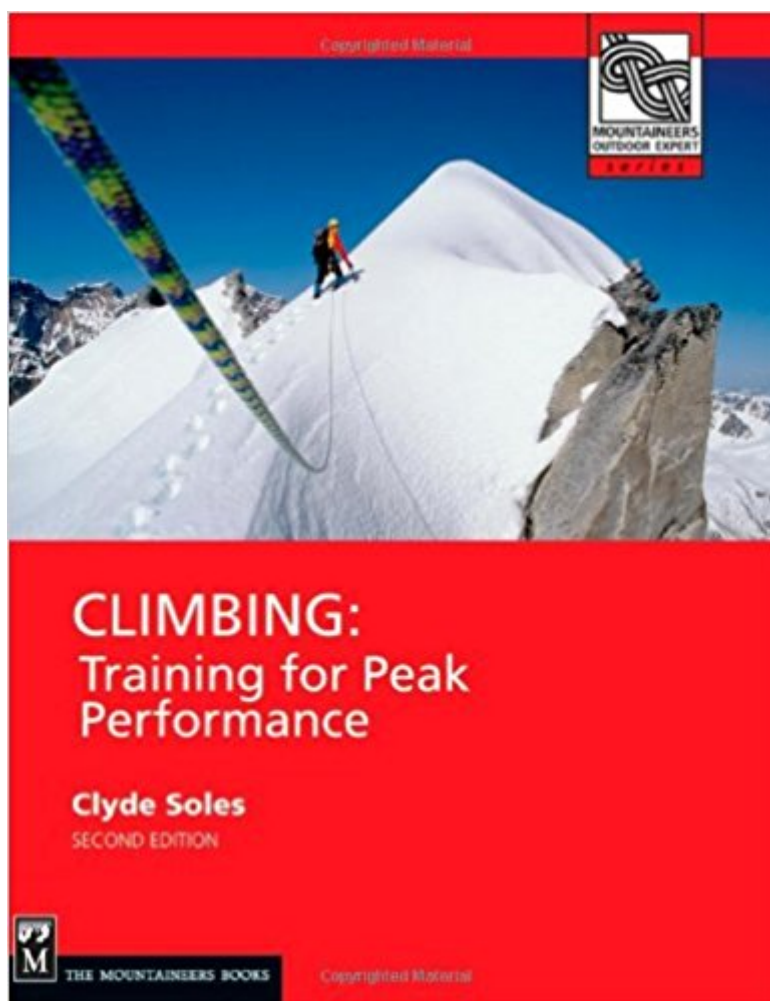


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# Climbing: Training For Peak Performance (Mountaineers Outdoor Expert)



## 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

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

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## 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 summited 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](http://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 cardio 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 definitely informative with a clear and concise overview of what works and what is fad.

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