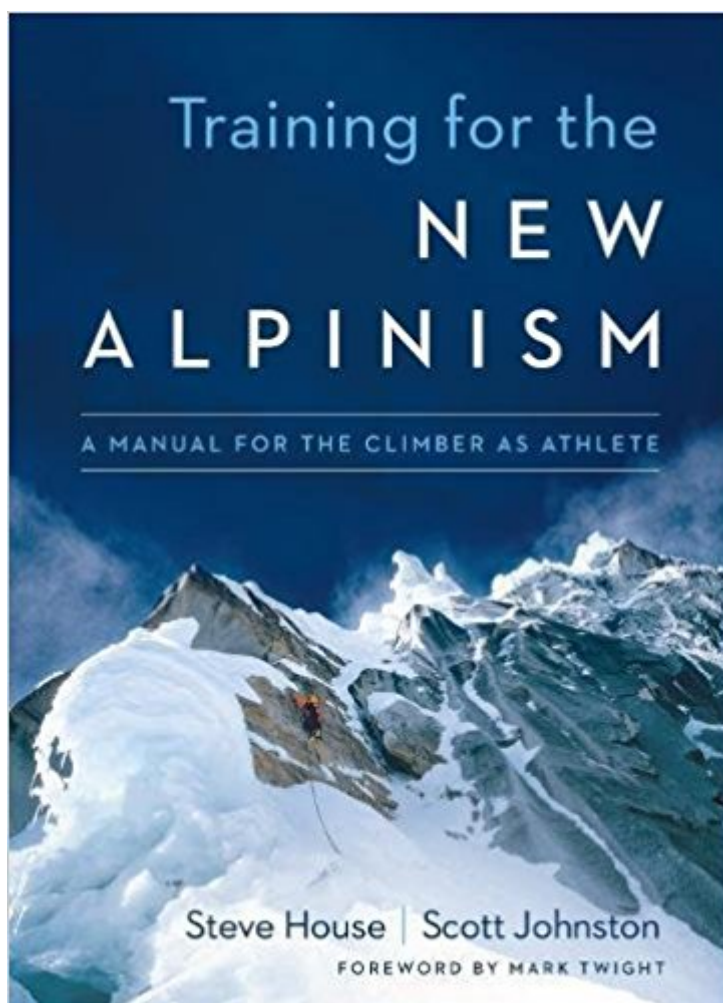


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# Training For The New Alpinism: A Manual For The Climber As Athlete



## 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

A must-have for anyone looking to optimize their time in the mountains; from guides throwing up new routes to weekend warriors getting into a new sport. coolhunting.com The book's easy-to-use format and scaleable training programs are accessible for anyone looking to improve their fitness through a new approach. coolhunting.com

Steve House is a world renowned climber, mountain guide, and Patagonia Ambassador, widely regarded for his light-and-fast style. He has published articles in a number of periodicals, and he is the author of *Beyond the Mountains* (Patagonia Books, 2009). He lives in Ridgway, CO. Scott Johnston, who grew up in Boulder, CO, has ski raced on a national and international level and is an avid climber. He currently coaches several of the nation's top cross country skiers, and climbs, establishing local climbing routes in and around his home town of Mazama, WA, in the North Cascades, where he lives. Mark Twight has applied the light-and-fast tactics he first developed in Europe to climbs ranging from the Himalayas to Alaska. Mark is the author of two books: *Extreme Alpinism - Climbing Light, Fast and High* and *Kiss or Kill - Confessions of a Serial Climber*. He is the founder of GymJones.

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. It is for those who are willing to ingrain themselves with commitment towards an actual long term training regime. For those who are up to the challenge what they will find is perhaps the highest level of knowledge and expertise on the topics of training as they apply to the alpine climbing world. House and Johnson drive home what seems to be a mantra of gradually building through purposeful

planned training. The book is not a system or gimmick and makes clear the importance of hard work over a great period of time to achieve the optimal results. What they are attempting to do is simply educate the reader on the tried and true methods of training world class athletes and apply them to the realm of alpine climbing. While I found it sometimes overly dense in information the authors made a considerable effort to break up the pages with poignant stories of success and failures from many of the World's top alpinists. Supporting essays from Vince Anderson, Ines Papert, Mark Twight, Caroline George and other great athletes bring home the importance of the concepts and yet another tier of legitimacy to the book. Everything in the book including the color photography and print quality are reflective into the high level of professionalism that these men put into their work. In the end I came to realize that the "New" was not just a change in the style in climbing as the authors suggested but a "new" approach in the way to think about your climbing. While I cannot recommend it for the "average" lackadaisical climber I can say, for those committed to taking their climbing higher and further, that this book is the definitive work for alpine training. It doesn't matter how great of a climber you are, or aren't, if you are serious in your commitment towards furthering your alpine career this is a must own book. 5 stars

For me, this book was life-changing. If you think it might help you, buy it. It will. Whether neophyte or advanced. Really. Just do it. It's not just a compilation of information you could find on the internet, like some training books (including some for climbing). The authors are supremely qualified to have opinions and expertise in training for climbing and endurance. This really is a valuable resource I return to again and again to help guide my training and climbing. This book fills the void between books for conventional endurance sports (like running, for which many books are available, though few of this quality) and books for climbing. Alpine climbing and mountaineering offer unique challenges, and House and Johnston give great advice -- no, not just advice -- great guidance. This is not a "how-to" for climbing, and the authors assume you are experienced enough and know the vocabulary of climbing. But they offer an amazing, accessible introduction to important exercise and physiology concepts, particularly how they apply to alpinism. And because they're not bogged down explaining how to give a good belay, they can really get to the core of the matter. That matter is turning you into an endurance god. Continually improving month after month, season after season, year after year so you can achieve your goals... And that's another place where this book shines: it is inspiring and sparks motivation like no other training book I've read. I have major, life-altering goals I never thought I could have as a direct result of reading this book. (Let that sink in a moment.)

Between the amazing photography and the stories from the authors as well as a number of other climbers/athletes, the core material of turning you into the best endurance machine you can be ... This book makes you feel like you can do things you never thought possible. Even things you still think are impossible, you might be inspired to try. This book does what a great, not just good, book can: giving you tools and concepts to change your thinking so that going forward you are an independent consumer of information and can engage in judgement-based decision making (rather than rule-based decision making). I could probably find some minute criticisms if I tried, but really there's no glaring or even minor errors of judgment or editing. The book speaks to both basic, intro mountaineers and world-class (or aspiring world-class) alpinists, so parts can be intimidating for the novice. But I find the amazing feats of the best climbers in the world to be motivating, as this book makes clear that it's not an accident that they can climb continually for 45 hours, it's a result of hard training and smart choices. And we see that they're real people (most of them, anyways). I'll never climb the Infinite Spur, much less set a speed record on it, but now I see how even impressive feats like that are more accessible through hard work and dedication. And the person who sets that record on the Spur will probably have read this book.

This was complex for a non-competitive athlete like myself to understand, but I got the essence and trained using some of their method and it worked. There could be more examples of training regimens... like for different categories of people those who are strong athletes already and those who are just getting off the couch. As a very active person I struggled to determine how my current activities fit into the various categories of training activities. For example, does 8 hrs of backcountry skiing count as strength, cardio or specific? Mountain people are reading this book. Like me, most mountain people do some combination of the following things: run roads, run mountains, hike mountains with or without a pack, technical climb, mountaineer with heavy pack (alpine and expedition style), backcountry ski, mountain biking, road biking, cross-country ski (skate and classic), vinyasa yoga, weight training... etc.. Most mountain people I know don't want to go to a gym. So Steve, you need to gear this more toward actual mountain people who want to get better... tell us how to categorize our exercise and what to do more or less of for alpinism.

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