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# 9 Out Of 10 Climbers Make The Same Mistakes



## Synopsis

9 out of 10 climbers make the same mistakes - navigation through the maze of advice for the self-coached climber 9 out of 10 climbers are stuck. They are stuck on the same things. Some of the things that hold climbers back from improving their climbing standard are the same as they were twenty years ago: motivation, managing time, and not being able to analyse and correct their own basic technical or tactical errors. But they are also stuck for a new set of reasons. Twenty years ago, the problem was that no one knew how to train for climbing. Information was scarce and couldn't travel fast among the participants. Today, it's the opposite problem. Book after book lists techniques for climbing, exercises for climbing, tips for climbing. Navigating this barrage of information, filtering out the irrelevant and homing in on what matters to your life, your climbing and your circumstances has been the limiting step for today's climber. This book is the first to present the science of improving at climbing in a way that will actually help you make confident decisions and stay focused on the things that will make the biggest difference. Dave Macleod has crystallised 16 years experience as a world class climber, sport scientist and renowned coach into an accessible and thought provoking guide to improving at rock climbing.

## Book Information

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## Customer Reviews

This book is not your step-by-step training guide. If you want to learn how to climb 5.12's then there are other books for that. What this book offers is a guide to shifting the way you think about climbing. Take a step back, analyze what you're doing and then consider how it can be improved or optimized. I recommend this book for anyone who is serious about advancing their climbing to it's

peak level and is struggling to find coherent information on the various aspects of climbing training.

I expected it to be good advice about how to be a better climber. Here's what you get: 1. No pictures 2. Little concrete advice 3. Vague suggestions about how to be better (climb more, lose weight, focus, don't be afraid) bordering on platitudes 4. A boatload of spelling and punctuation errors suggesting that the author wrote this book in a stream-of-consciousness

Go ahead and read the reviews. Do any of them say "Dave's book helped me with (specific thing)?" No. They say: "Dave gave me the tough words I need to hear" or "Dave really helped me be a better climber." I climb V3 at my local gym and I realize that doesn't mean much to some of you. But it's taken me nearly a year of steady climbing to get there and along the way there were things I just wished people had told me. That is, about foot positioning, body positioning. How to use your big toe and how to pick the right shoe -- does it really matter how tight? Which muscles you can expect to grow, and how fast. How not to get injured. How to pull your hips into the wall and open your hips to push. This book had none of these, and if it did, it was so vague and wordy that I missed it. Please skim a copy of the ebook before you buy this -- if I had, I wouldn't have bought it. I know Dave is a great climber but I was just so underwhelmed that it hurts.

This book has a lot going for it, there's some great info that would be useful to both beginner and advanced climbers, particularly about the mental aspects of climbing. I've read a lot of training books (for climbing as well as general strength and conditioning) and I found a handful of things here that I either hadn't seen or that I hadn't thought of in quite the way he presents them. The downside to the book is that it's lacking an efficient ordering of sections and concepts. It comes off at times like a manuscript that he wrote in one or two sittings and then printed it without any editorial help. This, combined with the lack of any images to help reinforce some of the training concepts makes it kind of hard to use to find actionable techniques to incorporate into your training. If you're willing to put in the work there are some great things to use to improve your climbing, but unfortunately I think most people will quickly lose interest in this style and won't get the full benefit of his ideas. I think it would be great if he could get an editor to run through this and give him some notes as to how and organize chapters and sub-chapters to make using the book more efficient. If that happened this would get at least 4 if not 5 stars in my opinion.

This book is great if you've been climbing for a while and train pretty hard. I've been climbing for about 3 years, climb about 3 days a week (or more if I can) and have climbed V7 outdoors (not to

say that I'm awesome, but I'm not a novice). I found this book very helpful, especially in dealing training principles. It looks at overall, big picture methods, which provides a good context for looking at all sorts of other details (not provided in book necessarily). In short, this book does a god job (in my opinion) of looking at the big picture of training for climbing.

I have the tendency to over engineer my approach to climbing due to my limited free time around my start up, family, and everything else that gets in the way of climbing. I use excel sheets and formulas and hacks to slip in as much quality climbing time as possible. But, as can be predicted, this approach sometimes isolates you from other perspectives and at least in my case has me over rely upon my strengths (power driven, low percentage dead-pointing to get my 90kg up by hook or by crook). Those who gave the book 1 or 2 stars probably were expecting the lush, detailed, programmatic formulas of a book like Gimme Kraft. That book is great to geek out on and create training plans you won't do. Instead, for 9 out of 10 of us, you just need a good kick and reboot. This book is designed exactly to do that. Avalanche you with short punchy expressions of climbing failings that you will recognise in yourself and others. I read it cover to cover first. Then I suggest you re-read with a pencil in hand. If a section refers to a personal weakness than mark it with a negative symbol in a circle. If a section refers to a strength that you could teach others then a + with a circle around it. I found that this makes poking in the book a reminder of areas I need to focus on and also checking my own BS on the stuff I am an "expert" in. Need details and charts and stuff? Go for a technical guide. Need a reboot and refresh on your bookshelf. Get this book.

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