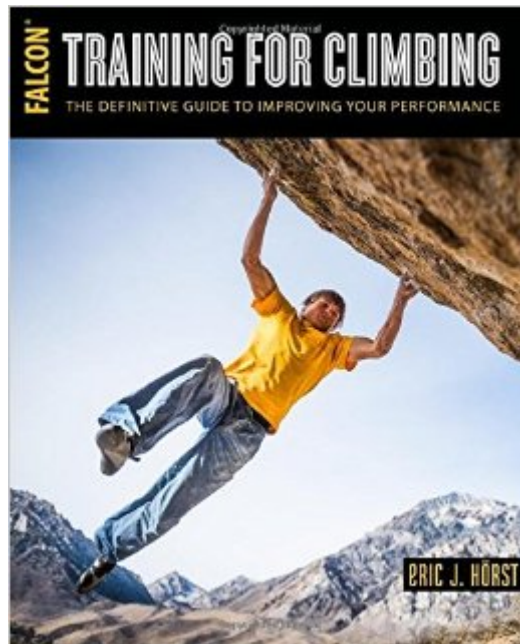


The book was found

Training For Climbing: The Definitive Guide To Improving Your Performance (How To Climb Series)



Synopsis

Increase your strength, power, skill, and focus to maximize your climbing performance. Praise for Training for Climbing! Training for Climbing is a great resource. Whether you're just starting out or already ticking 5.13, you'll find valuable information here to help you climb harder. This is the most complete and up-to-date training guide available. Rock and Ice magazine Drawing on the latest climbing research, this third edition of the international best-selling Training for Climbing presents a comprehensive, evidence-based program for improving climbing performance. With the unique perspective of a veteran climber, researcher, and coach, Eric H€rjst blends leading edge sport science with his decades of climbing and coaching experience to create a content-rich text packed with practical how-to and what-to-do information. A few of the new topics explored include:

- Energy system training to develop greater strength, power-endurance, and aerobic endurance.
- Recalibrating the brain's central governor for higher power output and stamina.
- Daily Undulating Periodization as an effective method of on-season programming.
- Training zones for rock climbers – the secret to truly effective training!
- Stabilizer training to improve arm power and reduce risk of shoulder injury.

Also included are expanded chapters on developing strength, power, and endurance in the crucial finger flexor and pulling muscles, as well as a must-read chapter on developing exceptional core strength. H€rjst completes his coaching with dedicated chapters on technique and mental training, performance nutrition, accelerating recovery, and injury prevention. The book's 300-plus pages of expert instruction make for the most advanced and complete book of its type! Eric H€rjst is an internationally renowned author and a climber of forty years. As a researcher and coach, H€rjst has written hundreds of articles and coached thousands of climbers from around the world. He owns the popular website Training4Climbing.com.

Book Information

Series: How To Climb Series

Paperback: 352 pages

Publisher: Falcon Guides; 3 edition (July 15, 2016)

Language: English

ISBN-10: 1493017616

ISBN-13: 978-1493017614

Product Dimensions: 7.4 x 0.7 x 9.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #26,868 in Books (See Top 100 in Books) #19 in [Books > Sports & Outdoors > Mountaineering > Mountain Climbing](#) #63 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#) #68 in [Books > Sports & Outdoors > Hiking & Camping > Instructional](#)

Customer Reviews

Great book that is full of valuable info to help climbers of all abilities and levels. This book will give you a direction to start your training routine.

[Download to continue reading...](#)

Training for Climbing: The Definitive Guide to Improving Your Performance (How To Climb Series)
Coaching Climbing: A Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series)
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)
Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)
Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Learning to Climb Indoors (How To Climb Series)
How to Climb 5.12 (How To Climb Series)
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: 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: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy)
Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series)
Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting)
Rock Climbing: The AMGA Single Pitch Manual (How To Climb Series)
Rock Climbing Smith Rock State Park: A Comprehensive Guide To More Than 1,800 Routes (Regional Rock Climbing Series)
Climb! The History of Rock Climbing in Colorado HTML & XHTML: The Definitive Guide: The Definitive Guide (Definitive Guides)
Rock Climbing Joshua Tree West: Quail Springs To Hidden Valley Campground (Regional Rock Climbing Series)
Rock Climbing Virginia, West Virginia, and Maryland (State Rock

Climbing Series) Rock Climbing Virginia, West Virginia, and Maryland, 2nd (State Rock Climbing Series) Rock Climbing the San Francisco Bay Area (Regional Rock Climbing Series)

[Dmca](#)