New Year, New Training Plan

First dedicated conditioning program for alpinists outlined in upcoming book

Training for the New Alpinism: A Manual for the Climber as Athlete

by Steve House and Scott Johnston

The mountaineering world hasn't offered much in the way training regimens. Unlike other outdoor endurance sports like cycling and running, you won't find fixed workout plans from coaches to help you reach your peak.

At least until now. World-class climber and Patagonia ambassador Steve House and elite Nordic skiing coach Scott Johnston have pioneered a groundbreaking athletic training approach for mountaineers, the first to translate training theory into practice, helping readers coach themselves to any mountaineering or climbing goal.

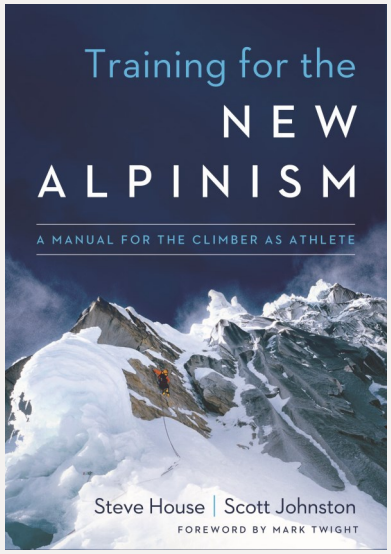
With their upcoming 464-page manual, *Training for the New Alpinism: A Manual for the Climber as Athlete,* House and Johnston lay out their scientifically based methodology. The book is designed to take all kinds of readers from couch to col—from city-dweller to mountain guide, weekend warrior to seasoned alpinist.

Applying proven 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 individual circumstances. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude adaptation, mental fitness, and assessing your goals and your strengths.

The book also features inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd, and:

- color photos, illustrations, graphs and charts throughout
- customizable training plans
- unique exercises created for alpine training
- a review of the mental skills and preparations undertaken by seasoned climbers
- training regimens for urban and gym settings



BOOK DETAILS

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PR BY THE BOOK

Author Bios:

Steve House (www.stevehouse.net) is a world-renowned climber, mountain guide, and Patagonia Ambassador. Widely regarded for his light-and-fast style, he has written for numerous magazines and is the author of *Beyond the Mountain* (Patagonia Books, 2009). He lives in Ridgway, Colorado.

Scott Johnston 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. He enjoys establishing local climbing routes in and around his hometown of Mazama, Washington, in the North Cascades.

Story Ideas:

- From urban dwelling to Denali: How realistic is your 20,000-foot goal?
- The New Alpinism: Why mountaineering hasn't had a training program
- The Alpinist as Athlete: A new outlook on the sport
- Should climbers strength train?
- Eating for The New Alpinism: How to fuel yourself for climbing performance
- Two strategies to acclimate
- Going climbing vs. training for climbing

Steve House

Scott Johnston

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