



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

*Steve House , Scott Johnston , Mark Twight (Foreword)*

[Download now](#)

[Read Online](#) 

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

Steve House , Scott Johnston , Mark Twight (Foreword)

**Training for the New Alpinism: A Manual for the Climber as Athlete** Steve House , Scott Johnston , Mark Twight (Foreword)

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.

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

Date : Published March 11th 2014 by Patagonia

ISBN :

Author : Steve House , Scott Johnston , Mark Twight (Foreword)

Format : Kindle Edition 464 pages

Genre : Mountaineering, Climbing, Nonfiction, Sports, Nature, Outdoors, Sports and Games, Adventure, Travel, Environment

 [Download Training for the New Alpinism: A Manual for the Climber ...pdf](#)

 [Read Online Training for the New Alpinism: A Manual for the Climb ...pdf](#)

**Download and Read Free Online Training for the New Alpinism: A Manual for the Climber as Athlete**  
Steve House , Scott Johnston , Mark Twight (Foreword)

---

# **From Reader Review Training for the New Alpinism: A Manual for the Climber as Athlete for online ebook**

## **Toshio says**

A tremendous book for those interested in improving performance for any endurance activity. The sport science is detailed and specific and the book instructs not only the how-to of structuring training but also the physiological aspects of why certain methods of training will prove more effective than others.

While written specifically for alpine climbers (and mountaineers to a lesser degree), the theories behind the book and its extensive training outlines will be invaluable for marathon runners, swimmers, ultra endurance athletes, anyone who will benefit from developing a strong aerobic base.

I wish I read this book ten years ago, but am happy to have been introduced to it in 2014.

---

## **Iain Macfarlane says**

I highly recommend this book to anyone interested in understanding the fundamentals of endurance training. I read it as a distance runner and not a climber. I found that this book, more than any other, gave me the tools I needed to create a training plan that was tailored to me. The personal pictures and anecdotes throughout the book are just icing on the cake.

---

## **Zachary Rudolph says**

“There are three principle adaptations that result in increased ATP production in the muscles: increased mitochondrial mass, increased aerobic enzymes, and increased capillary bed density. ... By the time you get over 20,000 feet (about 6,100 meters) your will be a mere shadow of your sea level self with only about one half of your aerobic power available.”

---

## **Ander Broadman says**

Positive attributes:

- Fairly standard sport science (and presented as such) ie no gimmicks.
- Very well presented- written clearly, good diagrams, etc.
- Selection of anecdotes maintains interest and reinforces main information

Negatives:

- Aimed at 'elite' or high performance only. Beginners or 'improving punters' who want to use this as a training manual might struggle to apply the information.

All in all, I give it 10/10. If you're already well up on your sport science you might not find anything new, but it does apply sport science to a particular aim that probably isn't directly covered as well anywhere else. If you're a beginner, or a punter, then you're probably better off using something like Conditioning for Outdoor Performance.

That it is grounded in standard exercise science is a major boon. The majority of 'get fit' books are usually a bit gimmicky, or rely on more simplified training ideas. It's like the difference between those 'business books' they sell in airports and someone like Michael Porter. Read this and you'll get a good understanding of how science thinks the body works and how to apply that knowledge to achieve better athletic performance.

The book is directly aimed a small number of people- those with high dedication seeking high performance in the mountains, or those who have, say, signed up for an "jagged globe" type expedition and are going all out to achieve that.

However, its readership should be wider than that. If you're interested in the endurance training, it's a good read. If you're a more run of the mill climber, and interested in sport science, you'll find something to make your training better. And if you've lofty goals, this book is about as perfect as anyone is going to write.

---

### **Will Waller says**

Having never read a sports medicine book before, I was unsure as to what I would find within its pages. Having now completed this book, I can distinctly say this is one of the best books on sports medicine and specifically mountaineering that has ever been written. It is comprehensive, and provides the novice reader a complete understanding of the physiological expectations one should have when entering the hills. Having just finished completing several mountains in Colorado and New Mexico, I can certainly say that the training that it encouraged me to do was immensely helpful to preparing to tackle these hills. I will continue to refer to this book, and especially to the workout regimen that it prescribes. It is thorough, and also very tough. For instance, at one point it suggests that the climber push cars in drag water jugs up steep hills. This book will continue to be used, and I will continually thank the authors for their great work in writing a great work.

---

### **Todd says**

Excellent book with great information, and a fresh approach to preparing to fail at an extreme sport.

---

### **Andrei says**

This book is really good to start mountain training planning, but I wouldn't follow the recommendations for exercises that are not mountain specific:

- + really good explanation of what the body goes through while climbing/hiking/exercising
- + really good explanation of the muscles involved in different exercises and how to correctly train them
- + good training program outline
- + good mountain-specific exercise recommendations that can be done at home/gym/flat

~ meh recommendations for gym exercises. Some of the recommended exercises are not recommended in gyms because they can cause injuries and are not good at efficiently stimulating muscles. Overall there are better exercises than the ones given in the book, just ask PTs at the gym, they should have a better understanding of how you should train for whatever your goals may be

~ meh recommendations for running exercises. The running community has a much deeper understanding of how to correctly train for running, and those are better than the basics recommended in the book

- nutrition was basic, was expecting much more detailed information about nutrition while training and nutrition at altitude. The book has a lot of "sample size of 1" recommendations, which is usually not what you should follow
- no stretching. The book mentions flexibility as being important several times, but doesn't cover that area at all. Especially given that flexibility is important while rock/ice/alpine climbing, I find this to be a big gap in the book

+ dealing with altitude: the sample size is small, but the recommendations I found to be sound, based on my limited experience

~ decent recommendations of how to toughen the mental aspect of climbing. This is highly subjective and mostly non-scientific, but I think this subject is so vast that it could've been its own book

---

### **David Petersheim says**

Best book on sports training that I've ever read- ahem... the only book on sports training that I've managed to finish. I've tried to read other sports training books and I've never completed one. That's because the books, while great books, were aimed at coaches and trainers, never at me, the person being trained. I've read the book and have reread some chapters more than once. The information has been enlightening.

If you want an easily digestible explanation of performance-centered physical training, this is a good book. This is not a book full of training "recipes". There are example routines and logs presented in the book, but these are meant as guides. After reading the book, you'll be able to create your own training programs.

Although the book is focused on alpine climbing, the basic sports training information it contains is applicable to any sport. The book is about training to climb mountains in an alpine environment, so there's a ton of climbing related information in the book. Most of the climbing anecdotes are side-barred and highlighted though, so if you have no interest in them, you can skip them.

---

### **J.D. Combista says**

This book is aimed toward alpinists, but the principles outlined in it are pretty much applicable to most athletes. The book gives you advice how to train, recover, and eat while training and recovering, and most importantly, it helps you develop a proper mindset when doing strenuous athletic undertakings.

I admit that I don't usually read titles on sports and the like, but Training for the New Alpinism is something I would definitely recommend, especially to mountain athletes and enthusiasts.

---

## **Ethan Demme says**

The training bible for mountaineering or any endurance sport for that matter.

---

## **skye says**

4 stars in the category of "training manual," not to be compared with literature etc. In its category though, this book really shines.

In many ways, a sequel to Mark Twight's "Extreme Alpinism."

Great principles, muscle science/theory, and step-by-step how-to for a solid training plan. Also great anecdotes from many stellar climbers, and not just grunting up mountains but some profound words on life and death and motivation.

One conclusion, after reading this book: "I do NOT want to do the new alpinism - therefore I don't need to train for the new alpinism." However, there is a ton of theory that was super useful for running, climbing, skiing, etc - the physiology behind endurance, strength, etc; good stuff on nutrition, altitude, etc ... so I would recommend this book for any mountain athlete.

---

## **Vaclav Kocian says**

Hutná, dlouhá a komplexní kniha o lezeckém tréninku se zaměřením na alpinismus.

---

## **Tomek says**

Part 1: I had a look at this book in the library. Looks like an excellent companion to RCTM if interested in more alpine endeavors. One potential weakness is that it seems to assume you have tons of free time to devote to cardio and all sorts of physical testing equipment. That being said, I intend to buy a copy and read it in depth when and if I begin doing more alpine-type climbing...

Part 2: I want to write a follow-up to my original comment now having read the book thoroughly. As I suspected, this is a perfect analogue to RCTM if interested in alpine-style climbing. My initial thought that you needed lots of physical testing equipment was completely misguided. In fact, minimal equipment is needed. I initially thought that training for alpine style climbing would entail lots of long runs. Although there is a focus on endurance, House shows that you should train using techniques specific to your sport. I do concur with my previous comment that lots of free time is needed for some of the more advanced workout, and the fact that the training cycle runs between 50% and 75% of a year is a major bummer, but I suspect that one can limit workouts/shorten it to address their weaknesses while still getting a majority of the gains

(if suboptimally). There were some sections (physiology, altitude, mental training) that I glossed over because I either didn't need them or read other, more specialized books on the topic. It is a big book and can be somewhat daunting, but House's writing style is clear, organized, and easy to follow. This is definitely worth the read.

---

## **Scott says**

As a strength athlete it was very interesting to read how the training is done for an endurance based sport.

The section on adaptations for altitude was particularly interesting as it's something I've never read about before.

The biggest takeaway I got from the book is the commonsense thought that when going into the mountains speed is safety. This doesn't mean rushing. Rather it means having the fitness to move continually at an optional speed. This is shown in most of the personal accounts in the book.

---

## **Artas Bartas says**

Reading Jon Krakauer's superb memoir *Into Thin Air: A Personal Account of the Mount Everest Disaster* has left me with a lot of questions, so I started looking for a book that would help me get to the bottom of high-altitude climbing. I hit the jackpot with "Training for the New Alpinism". Steve House and Scott Johnston start with the fundamentals of training, eating, and exercising and then show how to translate that knowledge into a proper methodology for getting your body and mind ready to hit 5,000+ meter peaks.

Even if you are not planning to climb Denali or Annapurna anytime soon, I strongly recommend this book for the amount of valuable advice it has on building your strength training routine and devising the right nutrition and regimen to go along with that. For example, Steve and Scott's advice on increasing the number of pull-ups you can do is brilliant and immediately actionable. And their stories on the challenges of maintaining proper calorie intake at the high-altitude - eye-opening (and downright scary).

But of course, there is more! The book is choke-full of gorgeous climbing pictures and personal stories of celebrity climbers. And, you know, reading about how all these people caught their mountain bug; the type of gruelling training they have to put up with for a chance of spending a few weeks in the mountains; learning about the tough situations they face when exposed to the elements and how much ingenuity goes in surviving these - all of that puts the daily grind we - regular mortals spending their lives at the sea level - in a perspective.

I felt inspired to reach for more and challenge myself to do the things I would never dream of before. And for that, I thank you Steve and Scott!

---