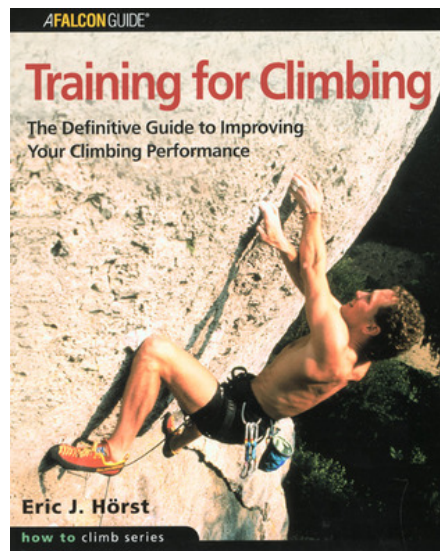




Training for Climbing: The Definitive Guide to Improving Your Climbing Performance

Eric J. Hörst

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This is the completely revised and updated edition of *Flash Training*, the fundamental manual for physical and mental training for rock climbers. Drawing on new research in sports medicine, nutrition, and fitness, the author has created a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury. A necessary book for rock climbers everywhere.

Training for Climbing: The Definitive Guide to Improving Your Climbing Performance Details

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From Reader Review Training for Climbing: The Definitive Guide to Improving Your Climbing Performance for online ebook

Fermin says

Leida la version de 2018. Un libro que junta muchos conceptos utiles para mejorar en tus entrenamientos de escalada.

Chadfredlott says

Climbing is a sport that relies on balance and intelligence as much as strength. The mental state of a climber will often make or break an ascent more dramatically than the ability to do one arm pullups.

Horst's book fills about a third of its pages describing visualization exercises that seem to come from Autogenetic therapy, Scientology, and other Mysticism. This is not to be considered a bad thing as these techniques actually do work.

If you find yourself suddenly drawn to the Secret, you have gone too far.

Following Horst's technique advice has lead to some pretty steep gains at the gym recently; that alone makes the book worth the price.

Linshu Wang says

The book is very helpful. I especially love how all the basic techniques are explained with so much insights. Love it!

Efrain says

This book does a good job in helping you train and prepare your body for rock climbing. I liked the practical information presented in such a straightforward way. There is not much more to say. If you want a book to help condition your body look no further.

Mike D says

Very good straight forward book. Covers all aspects of training to climb in a way you can develop a personal plan for yourself. You could read this book and develop a plan for yourself in any sport and built on top of that is climbing specific information backed with sport science studies.

Meen says

12/21/13: I actually started reading this in earnest today (had just been browsing exercises in it up to this point) because I'm gonna be competing in the Gay Games next summer! Woot! And while I would've guessed that my main climbing issue right now is lack of physical strength, I did the self-assessment in chapter two and turns out that my biggest problems are lack of technical skills and lack of mental focus/fortitude (i.e., I'm still scared as shit to make big moves). Oops! Definitely got work to do before Cleveland!

<http://www.gg9cle.com/participate/spo...>

Tyson Titensor says

An excellent and thorough overview of training for climbing. This book would be useful for anyone looking to improve their climbing ability. The primary takeaway for me is that at my current climbing grade I need to be focused on climbing mileage and working on specific technique exercises and less focused on climbing-specific strength training. I'm already into my first 4-3-2-1 cycle and I am optimistic it will help me move beyond my current plateau and on to harder grades.

Tomek says

Absolutely essential for the climber who is focused on performance. Horst provides an excellent background on mental training, moving to exercise physiology and sport specific training, before diving into nutrition and recovery. Well organized and well written.

Edit: I just read the second edition of this book. Although there is some additional information, it is pretty much the same. There is some more focus on technique, but if you're interested in that, check out Self-Coached Climber.

Eric George says

Review on Training for climbing by Eric Hörst

Training for climbing is a classic book within the sports climbing books. The first edition was released 2003, and Hörst has also written other books on the topic of climbing.

What to expect from a book that covers the topic of climbing? One would expect to find a book that first gives the reader the inspiration, knowledge, and aspiration to train, climb and send routes.

The contents of the book are oriented around goal setting, training different aspects of the body, understanding of physiology, nutrition, but also a chapter on injury treatment and prevention.

I must say that the short chapter of sports climbing history is just about the right size regarding content before the author jumps into the essence and his foundation of the approach to climbing with one-third of physical activity, one-third of mental attributes and the last third of technical skills.

With this trinity of skills as the foundation or the essence of the climbing attributes one would expect to let this be the inhibition throughout the book. The physical aspect gets a good coverage and the physiological chapter and section are quite good, it has some new theories like the central governor (CGM) as a regulator of the stress threshold against depletion of ATP-CP. But the technical aspect is not covered, and the mental aspect has some brief exercises and guiding approaches.

There are lots of references as well to other researchers and studies accomplished within the science of sports climbing. This is good although the references are a bit vague in description.

Due to the relatively good chapter on physiology, the training and exercises are thus evidentially based. But there are some blind spots and the author point them out but sometimes he misses to mark them out. E.g. there is still a cross section between genetics and the trainable, which is a challenge scientist argue and dispute over, and it is a point the author is making the reader aware of. The author is not so clear and sometimes a little contrary as to be your own specialist up against to boost out some commandments that are not based on evidence. Some of them might be for safety reasons and some might be for the most pedagogic way of teaching, and these are of course elementary and solid arguments regarding the commandments functions.

The topic overall is very interesting, and it is clearly that the author takes the reader seriously, and wants to inspire and enlighten.

A little critical voice enhances in this reader when the author speaks about old ways of viewing the control center in the brain. The idea of the whole area of the brain who has to be engaged when one climb is indisputable, but it is not as schematic as the division of the right and the left side of the brain, where one side is controlling logic and emotions without connection in between. This is an old view though applicable to the left arm, and the right side of the brain but for more cognitive functions it is not so to speak, and the topic should be upgraded in a new version of the book. As this is a new version.

The book is also interactive and has a useful appendix, and interactive sections, so you can take upon the challenge of completing some self-tests to deepen your knowledge on what you currently and over the longer term, need to work on.

The climber who has completed several seasons are familiar with the concept of periodization. The concept that is introduced in train for climbing are the underlying micro-, meso- and macrocycles. This gives the reader more to be concerned about, and when he absolutely was sure of one way there are many simultaneously processes which happen during the development phase. This gives the reader a view of the nuances of development in climbing.

The book deepens the knowledge about training for climbing. Whether the book's function just as a motivator could be questioned, like for example a climbing movie who serves the viewer with ultra-cool clips of boulders and routes with high profiled climbers. The author makes the reader very task oriented and not so much goal driven like a vivid imagination might do. It is a part of the syllabus and the mental training part. So one-third of the "trinity" is not left out but on the topic of mental training.

There is an approach to the physiological side of the body through different energy systems, that is explained thoroughly. And how to train the four-different energy system anaerobic power, anaerobic capacity, aerobic power and aerobic capacity. There is also put up scenarios where it could be questioned what type of energy system is active since the body is a whole and the isolated function of these systems might work a bit different while in synthesis.

There is also another cornerstone in the train for the climbing approach in this philosophy and it is to not try to train the acticlactic system too much, not solely focus on hard sustaining climbing. The argument is that working on the acticlactic threshold is a threshold that requires great patience. The author argues that it is the least trainable system. Whether this is true or not could certainly be a question of debate. The difference between the theorem learned from evidence and the stated anecdote theorem

is a tricky one, in a book that is meant to be easily grasped and understood. It is also a point the author points out, that in your training you should not be guided by anecdotes It might as well be dependent upon how one threat climbing, is climbing mostly a skill exercise, an endurance sport, a power-oriented workout or

gracefully choreography of tricks and solutions? These differences might be reflected upon in the reader's mind.

The chapter on nutrition and acceleration recovery are good, and its great to have a holistic view of the climbing and training since athletes might suffer from their own blind spots. In a sport that seems to depend greatly on the weight to body-mass ratio and with a clear warning of a severe risk of injury these two topics can't get enough attention. The injuries in climbing from stress on the body can be avoided by warming up, working the antagonist's muscles, proper and sufficient rest and the right training-volume, load, and intensity. The injury section is very detailed and leaves the reader with the curiosity to explore the topic more.

The illustrations and pictures are good and there are lots of exercises to keep you going, some familiar and some new and some even a little controversy or new as being climbing related.

Great read and looking forward to the second read through as the author recommended.

Andrew says

I skimmed it.

Aaron says

Great for sport climbing. But with a little studying its useful to help put together a trad training plan.

Nicklas Karlsson says

Good all encompassing information. What I lack is a bit clearer training schedules/programs. I find that for the novice, it might be to overwhelming to add all information to a routine, while for the experienced climber it might be a bit to broad.

I hope that in future editions there will be "sample programs". In the like of "start out with this, then add this, then this for x weeks. Notice what was hard then revise accordingly etc"

Loucaspapa says

Excellent climbing book, covering every aspect relevant to athlete; mental, physical, technical, nutritional and recovering. Eric J. Horst blends his knowledge and experience on climbing in a unique, personal way that make Eric your perfect climbing mentor. I absolutely suggest this book and I'm looking forward to reading more if his climbing series books.

Krista says

This is by far the most helpful training book I have read for improving climbing performance and avoiding injury. I really like his "less is more if you plan it well" approach. He also focuses on technique first because strength, power, and endurance will only get you so far. The only drawback is that the narrative style makes the book a bit unwieldy as a reference in the gym. A take-out quick reference guide would be a nice addition. As it is, it's a good idea to take notes, plan, and practice your workouts ahead of time on good old fashioned paper.

Sean Holcomb says

The Author has a strange obsession with milk.
