



Training for Climbing, 2nd: The Definitive Guide to Improving Your Performance (How To Climb Series)

Eric J. Horst

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TRAINING FOR CLIMBING: -The Definitive Guide to Improving Your Performance, 2nd edition

Eric J. Hörst

Updated, expanded, and redesigned, the second edition of *Training for Climbing* builds on the best-selling first edition of this breakthrough text. Eric J. Hörst continues his tradition of melding leading-edge sport science and his thirty-plus years of climbing and coaching experience to create a unique and compelling book packed with practical how-to and what-to-do information.

This new edition includes expanded chapters on training technique, improving mental skills, and developing muscular strength and endurance. A new chapter on general conditioning leads into the seminal chapters on climbing-specific strength training and developing personalized training programs for maximal results. Dozens of stunning color photos depict the exercises and techniques, while the addition of many training-tip summary boxes makes for a quick review of key points.



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