

# Descargar libros Training for Climbing: The Definitive Guide to Improving Your Performance

By Eric J. Hörst



## Books Details

Author : Eric J. Hörst Pages : 352 pages Publisher : Falcon Press Publishing Language :  
eng ISBN-10 : 1493017616 ISBN-13 : 9781493017614

## Books Descriptions

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 Horst 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

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