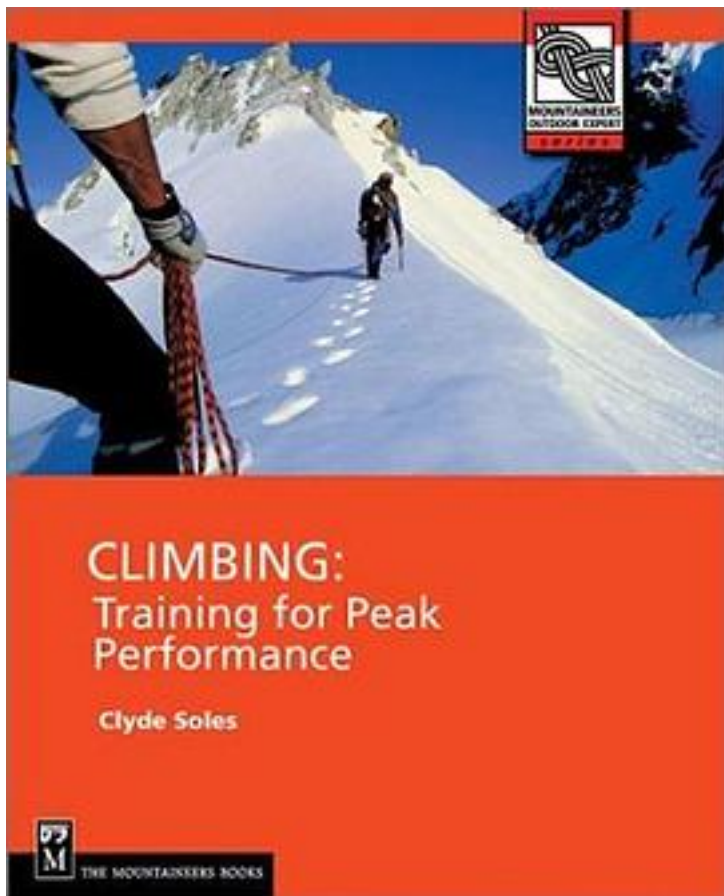


Climbing



[Climbing_ 下载链接1](#)

著者:Clyde Soles

出版者:Mountaineers Books

出版时间:2002-11

装帧:Paperback

isbn:9780898868982

This book is for climbers of all ages, abilities , and interests who wish to improve their performance. It is for weekend warriors who enjoy 5.6s yet desire to lead 5.10s, and for mountaineers interested in moving faster at altitude. It is for ice climbers who want to move more efficiently over frozen terrain and big wall climbers who want to increase

their stamina.

The standard concept of training for climbing has long been, "just climb!" While that may suffice for a few gifted individuals, this philosophy has also resulted in countless climbers reaching performance plateaus and suffering recurring injuries. Even after the benefits of training began to be recognized, many of the regimens developed by climbers were physiologically unsound; some were downright dangerous. Climbing: Training for Peak Performance carefully details the foundation and fundamentals of nutrition for mind and body, flexibility training, aerobic, and strength conditioning, and how to put it all together to help you perform better.

作者介绍:

目录:

[Climbing_ 下载链接1](#)

标签

野外

评论

[Climbing_ 下载链接1](#)

书评

[Climbing_ 下载链接1](#)