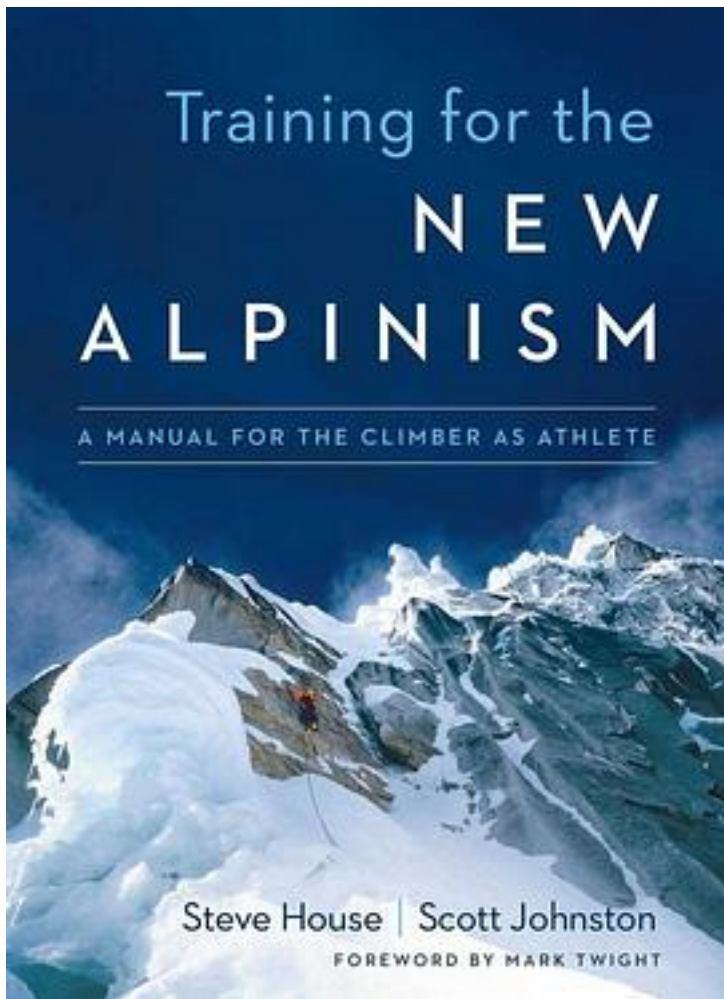


Training for the New Alpinism



[Training for the New Alpinism_下载链接1_](#)

著者:Steve House

出版者:Patagonia Books

出版时间:2014-3-18

装帧:Paperback

isbn:9781938340239

A must-have for anyone looking to optimize their time in the mountains—from guides throwing up new routes to weekend warriors getting into a new sport.

coolhunting.com

The book's easy-to-use format and scaleable training programs are accessible for anyone looking to improve their fitness through a new approach. coolhunting.com

作者介绍:

Steve House is a world renowned climber, mountain guide, and Patagonia Ambassador, widely regarded for his light-and-fast style. He has published articles in a number of periodicals, and he is the author of Beyond the Mountains (Patagonia Books, 2009). He lives in Ridgway, CO.

Scott Johnston, who grew up in Boulder, CO, has ski raced on a national and international level and is an avid climber. He currently coaches several of the nation's top cross country skiers, and climbs, establishing local climbing routes in and around his home town of Mazama, WA, in the North Cascades, where he lives.

Mark Twight has applied the light-and-fast tactics he first developed in Europe to climbs ranging from the Himalayas to Alaska. Mark is the author of two books: Extreme Alpinism - Climbing Light, Fast and High and Kiss or Kill - Confessions of a Serial Climber. He is the founder of GymJones.

目录:

[Training for the New Alpinism_下载链接1](#)

标签

Alpinism

运动

Climbing

户外运动

【科學運動】

评论

A much-needed roadmap.

目标McKinley

[Training for the New Alpinism_下载链接1](#)

书评

[Training for the New Alpinism_下载链接1](#)