

The New Alpinism Training Log

A personalized companion to Training for the New Alpinism, the bestselling book that changed the sport of alpine climbing

Meant to go hand-in-hand with Steve House and Scott Johnston's groundbreaking *Training for the New Alpinism: A Manual for the Climber as Athlete*, *The New Alpinism Training Log* is a goal-setting planner and a workout journal in one. It's *Training for the New Alpinism*, distilled, organized, and translated into a flowchart so that you, with the original book, can efficiently plan and execute real training.

With pages to plot your program based on your aspirations, and others to break it down and record your monthly, weekly, daily workouts, this book will be your in the gym companion to training for any mountain ascent. *The New Alpinism Training Log* will guide you to:

- Establish realistic climbing goals that keep you motivated and focused on the long term when weather, illness, injury, or common laziness is holding you back.
- Lay out an annual or seasonal plan that lets you visualize the big picture of what you hope to accomplish.
- From that annual plan, work backward to develop the periodized structure discussed in *Training for the New Alpinism*. The purpose and advantage of establishing periods is that you have easily comprehensible short-term training goals so you can narrow your focus to dealing with the most important tasks.

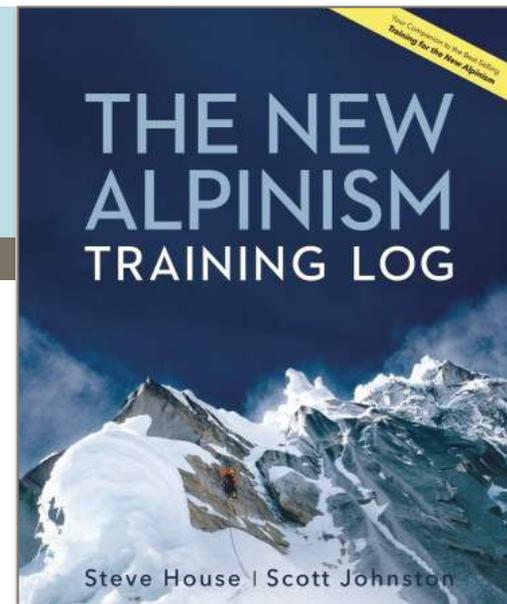
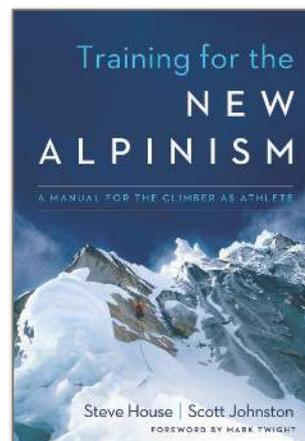
Training for the New Alpinism: A Manual for the Climber as Athlete

Winner, 2014 National Outdoor Book Awards

Finalist, 2014 Banff Mountain Film and Book Festival

More than 25,000 copies sold

Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of US National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston, who combined have over 60 years of experience, demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances.



BOOK DETAILS

The New Alpinism Training Log

Patagonia, April 2015

Paperback, spiral bound

224 pages

\$17.95 US

978-1-938340-39-0

Training for The New Alpinism

Patagonia, February 2014

Paperback, 464 pages

\$35 US

978-1-938340-23-9

Patagonia.com/Books

PR BY THE BOOK

Praise for *Training for the New Alpinism*

“Alpinism is the king-discipline of climbing. With this book Steve House and Scott Johnston are showing us its future.”

—**Reinhold Messner**

“Steve's incredible climbing accomplishments are a testament to his drive and talent, but don't necessarily reveal all the hard work and critical thinking that made those climbs a reality. . . Steve reveals those secrets, and give us all a blueprint for making our climbing dreams come true.” —**Josh Wharton**

“On its own, this book is invaluable. Combined with the routes and adventures that it will surely inform, its impact on the evolution of generations of future climbers will be great.” —**Mark Twight**

“*Training for the New Alpinism* has finally achieved that magical blend of spot-on technically accurate and understandable training information with practical advice for putting that training into use. Mountains of real-life training situations, methods and tools are described to bring effective training to any person's specific needs. These are described in a wonderful format that is truly an entertaining and enjoyable read. *Training for the New Alpinism* is a must-have for anyone who wishes to improve their climbing at any level.” —**Tony Yaniro**

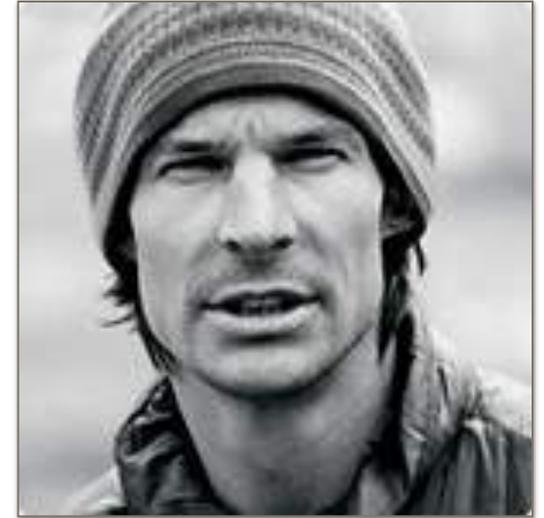
“Steve House and Scott Johnston are turning climbers into athletes. Climbers typically have little understanding of basic training principles. And changing that will unleash a whole new breed of alpine expert.” —**Outsideonline.com**

“Honestly, I believe any mountain sports athlete who does any training to get stronger should own and study *Training for the New Alpinism*. Not only will you get the latest science, but you'll also find it's a good read.” —**WildSnow.com**

About the Authors

Steve House (www.stevehouse.net) is a world-renowned climber, mountain guide, and Patagonia Ambassador. Widely regarded for his light-and-fast style, he has written for numerous magazines and is the author of *Beyond the Mountain* (Patagonia, 2009). He lives in Ridgway, Colorado.

Scott Johnston 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. He enjoys establishing local climbing routes in and around his hometown of Mazama, Washington, in the North Cascades.



Steve House



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