



How to Climb 5.12, 2nd

Eric J. Hörst

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A manual for intermediate climbers to make the physical and mental jump to advanced climbing ability. It offers streamlined tips and suggestions on such critical issues as cutting-edge strength training, mental training, and climbing strategy.

How to Climb 5.12, 2nd Details

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From Reader Review How to Climb 5.12, 2nd for online ebook

Martin says

Good book. Helped with mindset and preparedness. Good info about nutrition and exercise programs. I'm basically doing everything wrong is what this book is telling me. Have my work cut out for me.

Linshu Wang says

This book is wonderful! I'll use the 4 day climbing cycle and the pyramid for my project. All the stretching, aerobic cool down and conditioning are so helpful!

skye says

This book, by a local MD climber, really shook up how I train and climb, and led to me climbing better (and enjoying it more) than ever before last season. Great advice on the foundations (work on skills, not strength) and injury prevention and the mental game. A lot of principles that apply across sports or in other areas of life.

Jake McCrary says

Pretty good book which gives solid advice for getting better at climbing. Has both work out schedules and general advice for how to focus your practice to maximize improvements.

One thing I'll probably immediately start doing is some of the pre-hab exercises in effort to reduce chance of injury.

Jack Richard says

Some great advice that will be useful to implement in my climbing. I need to read it again in parts and let it absorb in. (Suddenly I can climb v15s!) A lot of basic knowledge and very basic nutrition knowledge. Written well but didn't wow or grab me.

Chris says

I think the book was a good read!

I guess you may be wondering why I gave it a 3. Well, it wasn't really like the greatest book ever read, nor

did it really change my life. But the 3 also doesn't mean it was written poorly. It just means it was a good, instructional read. I learned plenty from it, and I'm glad I read it! It has plenty of tips and bits of knowledge that will help any new climber to move up another grade (whether that's 5.9 or 5.13).

Also, the book should be judged by the title. This book is not here to teach you how to climb. It's here to give you wisdom that specifically relates to climbing 5.12. It won't tell you how to heel hook, or flag a foot, but it will tell you things you can do to get stronger, and it also helped me to learn some important steps to avoid injury.

I think the easiest way to convey how this book is helpful is through an example:

I think most climbers go to the gym 3x a week, and when they go, they probably have the same goal in mind every time: "Climb at my upper limit. If I can't get it, I need to climb more, get stronger, and then go and try it again".

This isn't 100% wrong, but HTC (this book) points out a few helpful strategies you may not have thought of. "Getting stuck? Well, take 2 days rest off after tough days. If you're a guy, check your feet, odds are your footwork could use a lot of work. The way to work that is down climb (which works surprisingly well). If you're a girl, don't be afraid to go for it, odds are you can already make the move if you don't hold back. Are you solving the problems yourself or are you asking the best climber there what to do? If so, stop, figure things out yourself. Are you climbing sport every single time? If so, switch it up. The variety will help you improve. Think about the move you can't make. Can you even imagine yourself doing it? No? Well how are you supposed to do it in real life? Visualize your routes on your off days.

Etc...

A lot of that stuff is kind of like: "Well, yeah, I mean, duh...." But when you actually have someone tell you: "TAKE A MONTH OFF ONCE A YEAR. I know it stinks, I know you'll lose strength, but it'll be worth it long term" it just helps in a way common sense doesn't always do...

And that's why I like this book!

So yeah, Hope this helps you decide!

Enjoy

-Chris

Shelley says

I thought this book gave some useful tips for training both mentally and physically, giving me a different aim for my focus when training and when climbing. Excited to see where it takes me!

Tony Go says

The walls to her heart are V9s and I'm just not that good of a climber.

paul redman says

“How To Climb 5.15” should be required reading for all novice, intermediate & advanced Rock Climbers. This book outlines everything you need to know and includes valuable first hand, tested experience in developing your skills, preventing injuries and getting the absolute most out of climbing.

I am a novice climber and have been climbing for just over around seven months. Within the first couple of months of climbing this book was recommended to me numerous times. I kept “meaning” to get around to reading it but always found reasons to put it off. Now, after finishing this most excellent well of knowledge, I wish I had listened earlier. Not only would this book have ensured I progressed quicker and more efficiently as a climber but it would have aided me in avoiding a six week, doctors orders rest from climbing and physio-therapy because of an overuse injury a few months ago.

My only reservation with this book is the nutritional information and guidance it provided. While the advice provided within this book is inline with the generally accepted health & nutrition guidelines, I have also recently read a book named “Why We Get Fat: And What to Do About It” by Gary Taubes. In my option, if one was to replace the health & nutritional advise provided in “How To Climb 5.12” with the knowledge provided in “Why We Get Fat: And What to Do About It”, this book would be perfect.

Kevin H. says

There are some great principles to follow in this book.

Ian says

Recommended - this guy has some very useful ideas on getting into shape for climbing.
