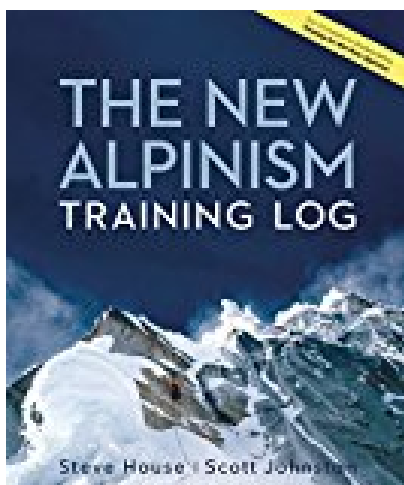


The New Alpinism Training Log



BOOK DETAILS

- Author : Steve House
- Pages : 144 Pages
- Publisher : Patagonia
- Language : English
- ISBN : 1938340396



BOOK SYNOPSIS

Meant to go hand-in-hand with Steve House and Scott Johnston's groundbreaking, bestselling *Training for the New Alpinism*, *The New Alpinism Training Log* is a goal-setting planner and a workout journal in one. 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 or on-the-mountain companion to training for any mountain ascent. Includes inspirational and motivational tips throughout.

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