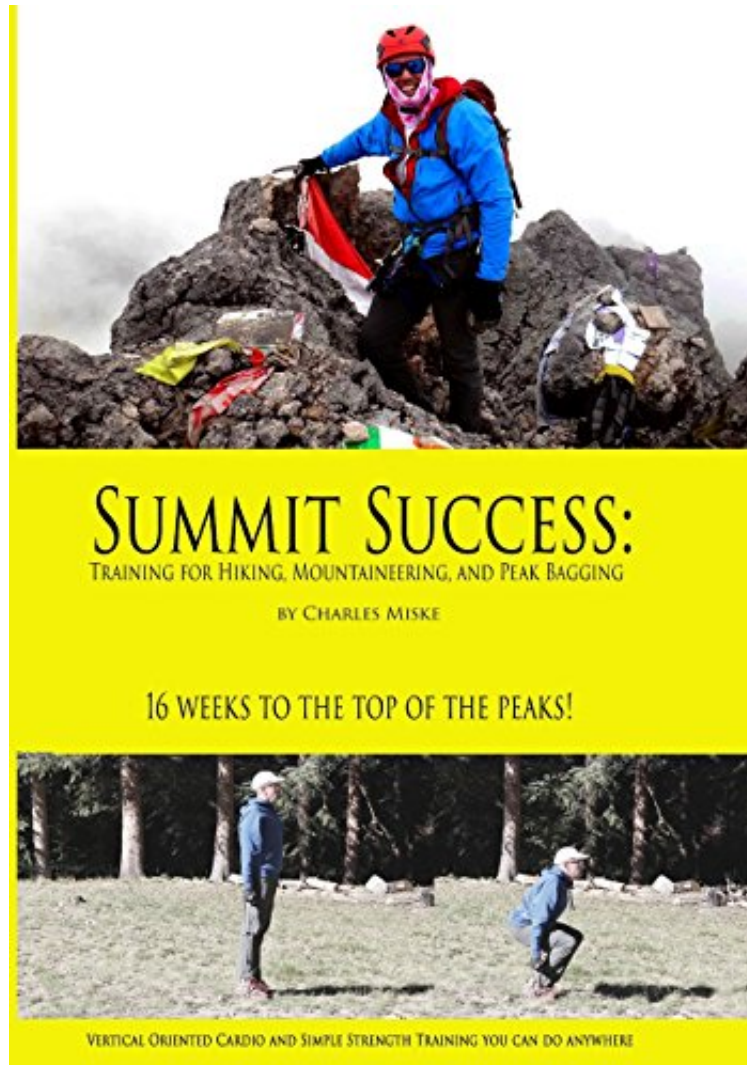


(Download free ebook) Summit Success: Training for Hiking, Mountaineering, and Peak Bagging

Summit Success: Training for Hiking, Mountaineering, and Peak Bagging

Charles Miske

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Charles Miske : Summit Success: Training for Hiking, Mountaineering, and Peak Bagging before purchasing it in order to gage whether or not it would be worth my time, and all praised Summit Success: Training for Hiking, Mountaineering, and Peak Bagging:

2 of 2 people found the following review helpful. Glacier Park PreppingBy DevinI like how this I laid out and have been following the program. By summer, I will be ready for some serious summits.0 of 0 people found the following review helpful. Well written in a easy to follow formatBy Solar GuyWell written in a easy to follow format. As a

personal trainer, and a peak bagger, I am using this outline for some of my clients who have peak aspirations! 1 of 1 people found the following review helpful. Most helpful book I've read. By Customer This book has put my life on a new direction. I feel more inspired to get fit and do those climbs and mountain trails than I ever have before, because after reading this book I believe I can do it. This author is an outstanding teacher. He clearly knows what he's talking about but he can explain the whole things in ways that are easy to understand, yet he does not talk down to the reader. I felt the conviction of the author that he believes in every one of us and our ability to train for hiking, mountaineering, and peak bagging (to borrow from the title!). The book is loaded with good pictures that helped me to see what he meant by certain exercises and equipment, and it also has helpful charts that we can use to track our progress and set goals. He's used the knowledge he's gained over many years of training and climbing and mountaineering to put together a great and do-able plan to help us enjoy the same adventures he's been sharing with us in his books. I love how he'll share tidbits of his adventures and how they apply to what he's explaining at the moment. Many manuals like this are dry reading but I found this one to be interesting all the way to the end. Very good job, Mr. Miske. I look forward to your future books. Thanks for your commitment and hard work in teaching others.

Hiking, Nordic Walking, Mountaineering, Peak Bagging, Skiing, Snowshoeing and so much more. Lots of people want to start doing these sports but they're out of shape, or slow, or just let themselves go due to work or family. Some people are in pretty good shape but have never realized the benefit of a structured training program using progressive training protocols. Now is the time to become the best you can be.

About the Author Charles Miske lives and trains in Summit County Colorado at 9,300'. He regularly climbs 14ers and runs trails year round. He's been climbing the Seven Summits and Volcanic Seven Summits and enjoys world travel and trekking. While not training he manages to squeeze in writing about his adventures in the mountains (Seven Summits Quest Series) and runs a consulting business. If you want to know more, please visit his author page.