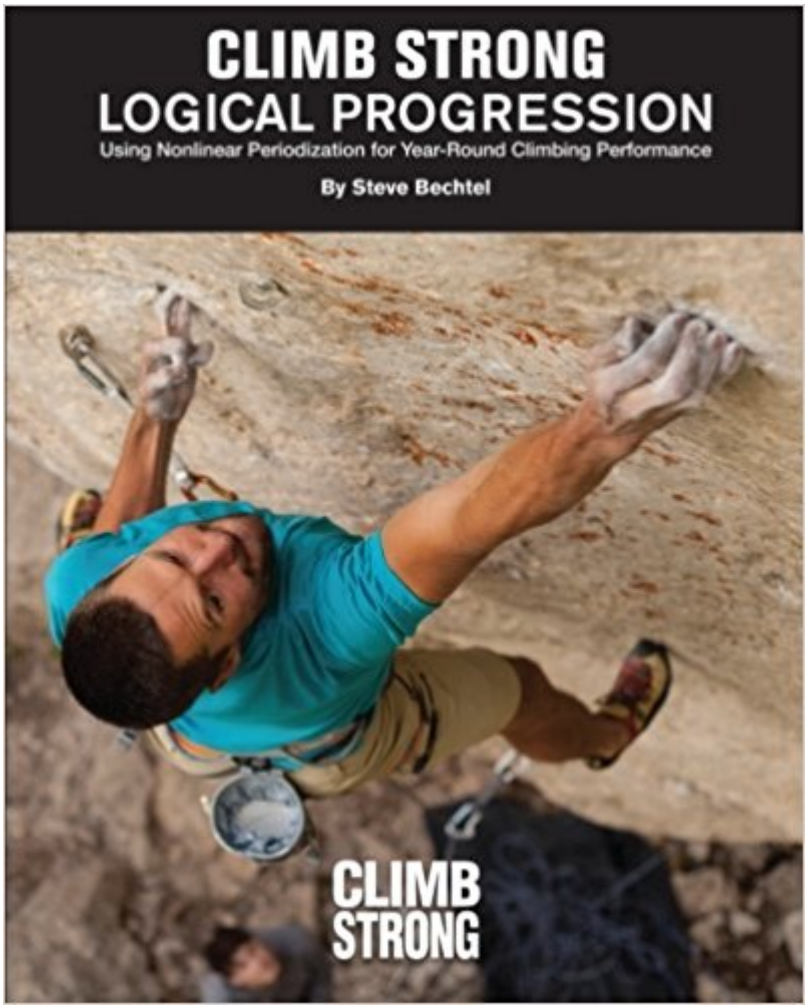
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Logical Progression: Using Nonlinear Periodization For Year-Round Climbing Performance



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Synopsis

Training for climbing can be fun, but sticking to a schedule can be desperately hard. Many climbers have seen the value of a carefully planned out, periodized training program. Clearly, such programs work, but many of us canÃ¢â ¬â„¢t stick to such a rigid schedule. What if there were a better way? What if there were a more flexible way of planning that provided the same great results? And what if such a program allowed you to maintain high levels of climbing performance much longer than you could on a traditional program? For the climber that has limited time to train, there may be no better program than Logical Progression. For anyone who wants to get fit and stay fit for long trips and redpoint seasons, the program outlined in this book can give you a great advantage. Based on solid science and tested by hundreds of climbers, Logical Progression is a simple and very effective way of organizing your training, and making sure that progress keeps coming.

Book Information

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Customer Reviews

The founder of Elemental Performance + Fitness, Steve has been coaching strength and fitness for over twenty years. He is a Certified Strength and Conditioning Specialist (CSCS) and holds a degree in Exercise Physiology from the University of Wyoming. Steve is an SFG II, USA Weightlifting Certified Coach, a USA Cycling Elite-level coach, and has been coaching triathlon for over 20 years as a USAT-certified coach. A world-renowned expert in the training of rock climbers, he coaches many top-level climbers and writes extensively on climbing training at the website Climb Strong.

Steve Bechtel has long been a trusted voice for me in developing my own training programming. And judging by his many appearances on climbing training podcasts - many others trust him too! He is skilled, experienced, clear spoken, and a really cool guy. I met him once while swinging through Lander, WY, at his gym Elemental Fitness. He took half an hour out of his day to talk with me - some random guy - about climbing, training for climbing, and being a older guy training for climbing. Really cool hombre. I'd support him just because he's a cool climber person. But don't do that. Buy this book and support him because it's an excellent book about an alternative approach to the common linear periodization training programs. Nothing wrong with linear periodization but I have found that a non-linear approach is much more flexible and yields concurrent and consistent improvement across multiple sub-disciplines of climbing (ie. bouldering, trad climbing, sport climbing). A wonderful book for intermediate to advanced trainees who have been at it for some time.

Provides a clearly written way to simplify your training for climbing. I've implemented the simple plan and have seen decent results. This book avoids getting too lost in the weeds of training science. Would recommend for everyone who loves climbing but has other things in their lives as well.

Overall: Awesome contribution to the climbing training literature.Bechtel outlines a "nonlinear" yearly training structure, arguing that the flexibility and more comprehensive nature of this structure allows one to improve more steadily and perform more often. In doing so, he's also written a nice book that touches more generally on training for climbing. He includes some specific exercises, many of which you probably haven't thought of, some pointers on how to perform with your new found strength, and some basic programming suggestions. The first chapter - Philosophy of Training - is worth reading by itself for its clarity and the amount of information Bechtel conveys in a relatively short span of writing. All told, I'd say that Chapters 1, 3, 4, and 6 are worth the price of the book by itself. Again, Bechtel's writing is direct, dense, and clear so as to pack a significant amount of wisdom in a relatively short span.Bechtel acknowledges that he is just one voice in a chorus of "how to" improve at climbing philosophies, and doesn't claim to be the final authority on any one aspect of training. Having accidentally using similar yet highly unsophisticated patterns in the past , I'm a believer that his nonlinear design is sound, and at least should be tried as a training structure for any advanced/semi-pro climber.That being said, buyers and readers should know the following. Bechtel, again, is not trying to write a comprehensive manual for climbing training, but rather is trying to write a long appendix to what we already know. He briefly and clearly expounds upon key facets of

current research literature, physiology and sports science that everyone should be aware of if they are considering training at all. However, everything truly explored in the book is contextualized by the reader's own experience. If you aren't already fairly fluent with training methods, don't know a fair number of climbing training exercises, or if you don't have a grasp of your own limitations and patterns - the kind of grasp that takes 2-3 years to tune - you might not be able to use this book to its fullest potential. Training methods and exercises are included in the book, but the author includes the highlights, not the whole story (Even though the highlights are really really good and effective highlights!). The book is an outline, a very enlightening (and groundbreaking?) one, but it is still an outline that will be most useful to someone with a lot of prior experience. Furthermore, as Bechtel emphasizes again and again, significant climbing practice shouldn't be sacrificed for training, and the training methods outlined in chapter 4, particularly in the strength section which I personally thought was the most valuable section in the whole book, are very time consuming and intense. Again, the advanced climber has the most to gain here, with newer climbers being unlikely to gain anything from following these plans.Long story short, I love this book as an addition/update to my training methodology. But, 8 years ago it would have been a waste of time for me to adhere to these methods fully. My personal belief is that anyone not at the V7/8 or 12+/13- level should be spending 90% of their time climbing no matter what the training structure under discussion is, and I'm sticking to that claim when I say that Bechtel's methods are most appropriate for the climber that satisfies two of the following 3 criterion:a) Climbing at least V8 or 13a and is technically sound, able to analyze their own movement and develop their own beta etc.b) Has been climbing for a long time (3+ years) and has been plateaued for a season or two.c) Has trained in a semi-structured way in the past and has been able to do so without causing injury, excessive fatigue, or regression.Other pros: High quality paperback, relatively low price for the quality of material and information, many large color high quality photographs, and learning who Steve Bechtel is. You should check out his website - climbstrong.com - for more Bechtel humor and knowledge.

I am a climber and a physiotherapist and follow Steve Bechtel on social media. I have bought and read this book as soon as it was on sale. I love the concept of nonlinear periodization and Steve's plan is modern, in line with scientific literature and easy to follow. As he says, it looks at the longer period and wants to be affordable and effective. I have read several training and climbing book and this one is a step forward. It really delivers what it promises and described drills and routines are well picked up and never boring. I give only 4 of 5 stars because in order to follow the strengh training you should be able to weight lift and use hang board at the same place: I have visited lots of

climbing facilities and few of them offer both. The alternative is to purchase barbell and hanging board and do it at home. Anyway I recommed the book to every climber looking to pimp his training.

Steve has such a talent at simplifying that which many writers make confusing. This book will give you the tools you need to progress at you're own pace given your individual work/life balance.

I'd highly recommend this book to anyone still in their first 5 to 10 years of climbing. It's a no nonsense approach to training that you can execute without getting lost in a bunch of details.

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