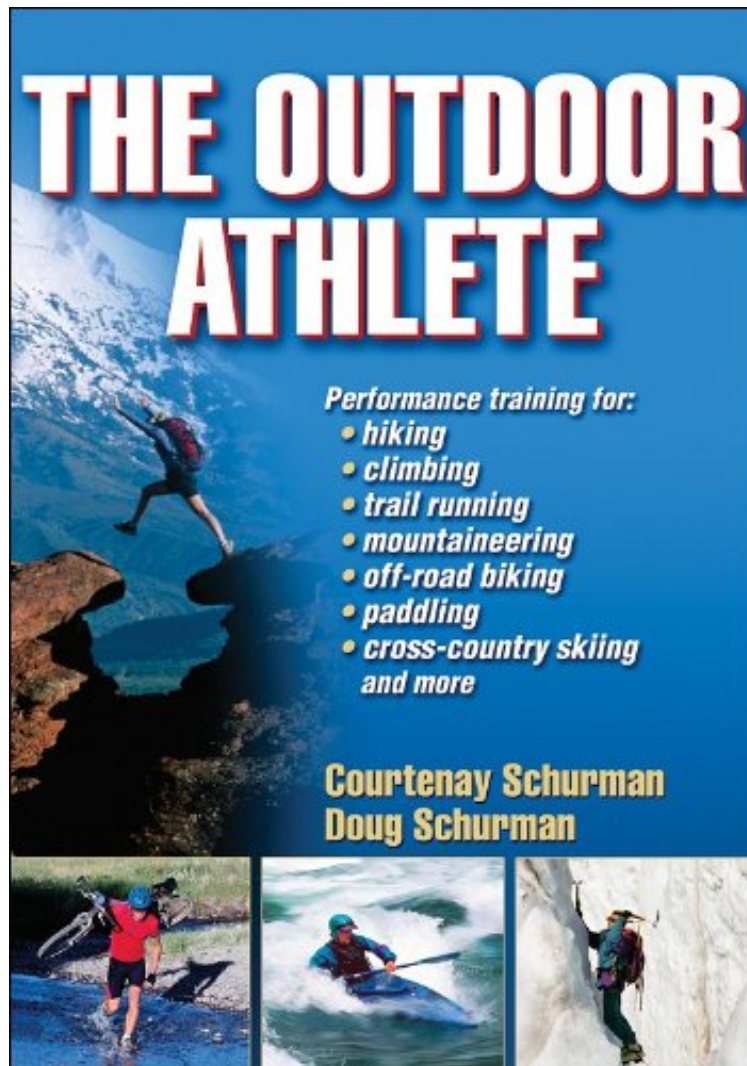


## The Outdoor Athlete

*Courtenay Schurman, Doug Schurman*

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**Courtenay Schurman, Doug Schurman : The Outdoor Athlete** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Outdoor Athlete:

4 of 4 people found the following review helpful. Great book for trainingBy Nancy KingI used the book to train for the Grand Canyon hike, down the S Kaibab Trail and up the Bright Angel Trail (on separate days). I found this book referenced in an article about training for a Grand Canyon hike. The book covers many different sports and activities.This book was very informative. Although I knew most of what was presented, as I have been active all my life and trained for many 10K runs, half marathons, hikes, and century bike rides; I still learned a lot. Very well presented and organized, without being condescending.I ordered the Kindle version, so as to reduce paper

consumption and storage space. However, this version does not have page numbers included. The book has a lot of references to other pages in the book, so it was a significant inconvenience to say the least. I worked around that by finding the referenced pages by going to the chapter where the material would most likely be doing a text search in the Kindle. Once I found the referenced pages I bookmarked the reference in the Kindle with a descriptive name. In the course of doing this, I also documented the subject, chapter and page in separate columns of a spreadsheet, which I could then sort by column. The bookmarks and spreadsheet were a big help for easier reference during my training. I would have given this book a 5, except for the Kindle format. Get the paperback format. 1 of 1 people found the following review helpful. Great book but beware may not be exactly what is expected By Barbara Stimmel This book is a great guide to getting ready for your outdoor adventure but be aware it makes some assumptions I wasn't expecting. I am training to do the Tour Du Mont Blanc in 8 days this summer, both the backpacking training and the high altitude trek training assume one has a gym available to them. Most of the strength training exercises require gym equipment, it would have been preferable to have more exercises utilizing dumbbells and body weight. The other assumption is that you have access to mountains with 3000 ft gains and high altitudes. The whole reason for getting the book was due to my living in a valley. I hike every weekend but only have access to mountains with about 1500-2000 ft elevation gains and the altitude here in the valley is only about 1200 ft. I do have an incline trainer to do the recommended hill work and will continue my hikes with the recommended pack weight and distance, but certainly can not come close to what the book recommends. Some alternative options would have been nice to have, but overall I will get some guidelines from the book and find it a useful tool. 2 of 2 people found the following review helpful. Excellent training resource By Jeff Tischer I was looking for a comprehensive training guide for my outdoor sporting activities including road biking, mountain biking, hiking, back country skiing and downhill skiing. I've never really training with a structured scientific approach and I needed to improve my performance. The first section contains the basics of fitness training and diet. The next section contains information on training for specific sports. Each section contains a sample training plan depending on your stage/level of training. The back of the book contains a list of various types of weight training exercises and stretches. Each one has instructions and diagrams on how to do it. They are also cross-referenced in a table for what sports they are best used for. This book is a great resource for understanding more about the basics of training for sports. It is well written and easy to read. I have built a better training program and have gotten results with it.

More than 160 million American adults participated in outdoor activities or adventure sports in 2005, according to the Outdoor Industry Foundation. While biking, trail running, and hiking remain the most popular, other activities like snowshoeing and mountaineering surge in popularity each year. Outdoor sport enthusiasts show incredible dedication to their endeavors, and *The Outdoor Athlete* is the ideal training manual to help them hike longer, paddle farther, ski faster, and climb higher. *The Outdoor Athlete* is the most comprehensive training guide available, with 65 exercises, dozens of locales, and 17 programs covering the following activities: Hiking Trekking Backpacking Alpine mountaineering Scrambling Rock climbing Ice climbing Mixed climbing Trail running Mountain biking Kayaking Canoeing Rafting Cross-country skiing Snowshoeing Randonee skiing Telemark skiing *The Outdoor Athlete* provides enthusiasts with the training guidelines, sport-specific programs, and instruction on exercises so they can prepare for, and excel at, their outdoor pursuits. Authors Courtenay and Doug Schurman use their extensive outdoor and training expertise to cover a full range of special instruction, from activity-specific environmental factors to nutritional considerations. With their expertise and the experience Human Kinetics brings as the leader in training and conditioning publications for both general athletics and specific sports, this book will be the resource for outdoor athletes.

"Courtenay and Doug Schurman have a training approach that touches outdoor athletes at all levels. Conditioning is paramount to being safe and prepared, and they are clearly experts." Eric Linxweiler President, Mountaineers Seattle, Washington "In the outdoor field, the Schurmans are well known personal trainers for outdoor enthusiasts. In *The Outdoor Athlete*, they share their experiences to prepare you for the adventures and challenges you once thought were out of reach." Gordon Janow Director of Programs Alpine Ascents International "This is the ultimate training guide for athletes looking to improve their performance in outdoor wilderness-type sports." Rebecca Heaton Editor, Rocky Mountain Sports Contributing Editor, Gen-A From the Publisher "Courtenay and Doug Schurman have a training approach that touches outdoor athletes at all levels. Conditioning is paramount to being safe and prepared, and they are clearly experts." Eric Linxweiler, President, Mountaineers Seattle, Washington "In the outdoor field, the Schurmans are well known personal trainers for outdoor enthusiasts. In *The Outdoor Athlete*, they share their experiences to prepare you for the adventures and challenges you once thought were out of reach." Gordon Janow, Director of Programs, Alpine Ascents International "This is the ultimate training guide for athletes looking to improve their performance in outdoor wilderness-type sports." Rebecca Heaton, Editor, Rocky Mountain Sports, Contributing Editor, Gen-A About the Author Courtenay Schurman, MS, CSCS, is an avid outdoor enthusiast active in mountaineering, rock climbing, biking, strength training, rowing, and step aerobics. She is a certified strength and

conditioning specialist through the National Strength and Conditioning Association. She has more than 10 years of experience training wilderness athletes, including amateur skiers, kayakers, hikers, and clients wishing to tackle Mount Everest or 100-mile trail runs. Courtenay has been a climb leader for the Seattle Mountaineers since 1990. She coordinates, develops, and teaches seminars and workshops in the Seattle area and offers outdoor conditioning consulting for clubs, groups, and individuals. She authored the chapter on alpine conditioning for the seventh edition of *Mountaineering: The Freedom of the Hills*, which has sold more than half a million copies; coauthored and coproduced *Train to Climb Mt. Rainier or Any High Peak DVD* (2003); and authored numerous magazine articles, e-books, and over 500 training pages for various wilderness sports. She is co-owner of Body Results, a company that specializes in outdoor strength and conditioning. Doug Schurman, MBA, CSCS, is a competitive powerlifter and has been a certified strength and conditioning coach through the NSCA since 1998. Active in mountaineering and rock climbing, he coauthored and coproduced the *Train to Climb Mt. Rainier or Any High Peak DVD* (2003) and coauthored numerous wilderness sport articles. He is a qualified climb leader for rock, ice, and glacier climbs and has been a member of the Seattle Mountaineers since 1992. He is co-owner of Body Results, conducts wilderness sport fitness training seminars and workshops, and coaches wilderness athletes from around the United States to achieve their adventure sport goals.