



Lifting for downhill running adaptations

I mentioned how delayed-onset muscle soreness (DOMS) from long running descents is evasive in Boston in last week's [newsletter](#). In my opinion and experience, lifting is one way to elicit eccentric muscle contractions similar to the way downhill running does... and get the resulting DOMS. Though I wouldn't recommend omitting all downhill running in favor of lifting, if you live in a place like Boston with limited hills, slow eccentric-focused lifting (I'm talking a true 5-second count on the eccentric portion of an exercise like lunges) could help prep you for when you do start to hit the downhills. Make sure to up the protein around these sessions! And maybe check out my shop for some post-lift protein-filled yums!

[Order protein-filled yums!](#)

Coaching opportunities

Intrigued by trails? I'm (yes, still) really hoping to expand my roster of athletes! Please spread the word! I'm taking athletes of all abilities interested in running, triathlon, or rowing. The first 2 months are free so we can see if it works well for you. Check out my mission, values, and methods below!



[Coaching](#)

Green springtime cupcakes

These pistachio cupcakes have a delicious and textured crumb since the pistachios are ground at home. I love these with some [Z-minute frosting](#)! This makes a fair amount of batter, you can stretch it to making 14-16 cupcakes if you'd like!



[Recipe](#)

Farmers' Market and EnduranceEats!

S.S. Endurance/Endurance Baking will be at the Harvard Farmers' Market when it starts again in June! It starts Tuesday 6/18 and continues through the summer on Tuesdays from 11:30-5:30 in the Science Center Plaza. Hope to see you there!

As always, sign up for [EnduranceEats](#) by 7pm Wednesday 5/29 for delivery Thursday 5/30. Reach out with any questions to my email coachserena326@gmail.com.

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