



Steamy baths and hot racing

Summer racing can be really fun but also really hot and humid. I've been taking hot baths to get some heat adaptation in advance of the depths of summer. Fifteen minutes into a steamy bath and I feel as though I'm mid-threshold workout. Once I sang the entire "100 bottles of beer on the wall" song to get me through the 30-minute mark. Heat is tough! There are some good tips on heat training in this [Precision article](#) (great gels too, by the way!), and this [Trail Runner Magazine article](#). What heat training works for you? What summer races are you planning? Let me know over email or Instagram direct message, as I'd love to follow your journey! Don't forget that cooling during races is important too, no matter how well heat acclimated you feel. And check out the shop for some post-race protein-filled yums!

[Order post-race yums!](#)

Coaching opportunities

Intrigued by trails or triathlons? I'm really hoping to expand my roster of athletes! Please spread the word! I'm taking athletes of all abilities. 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](#)

Almond orange olive oil cake

This is a really moist cake. Unfortunately, you must separate the eggs for this one or it will turn out a spongy tasteless mess (as I discovered one day). It's worth the effort though 100%! Also unfortunately I did not get a photo of the inside. The chocolate is a great topping, though this could also be eaten without the icing. Let me know what you think!



[Recipe](#)

Farmers Market and EnduranceEats!

S.S. Endurance/Endurance Baking will be at the Harvard Farmers Market when it starts again next week! 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!

There will be no [EnduranceEats](#) deliveries this week because I'm traveling! Reach out with any questions to my email coachserena326@gmail.com.

[Farmers Market Info](#)



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