

The fueling revolution

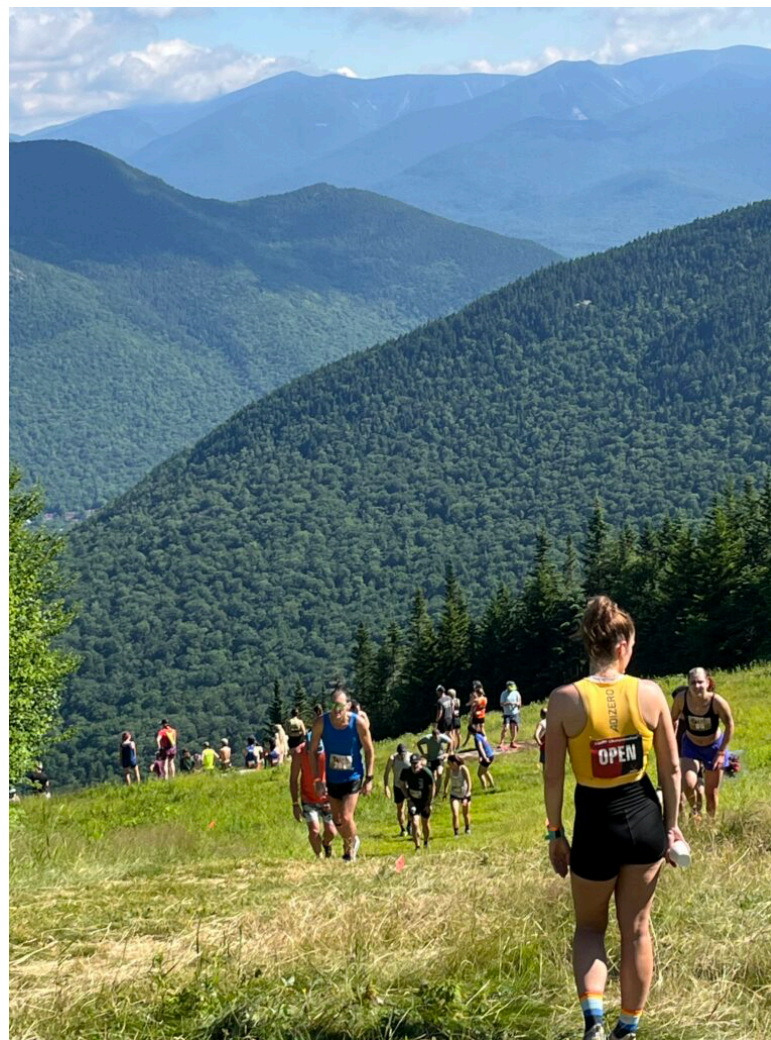
Endurance athletes are still pushing the boundaries of within-race fueling. Victor Campenaerts, a Belgian rider for team Lotto-Dstny, [slurped through 132 grams of carbs per hour](#) (that's over 500 calories) during his 4-hour Stage 18 win in this year's Tour de France. If you're interested in learning more about within-race carb fueling for performance, I'd refer you to [this article](#) by Precision Fuel & Hydration (granted, they are a gel/chew/drink mix company so there is some conflict of interest). In this case though, real world evidence is super important and this company has lots of case studies... research tends to lag behind the practices of elite athletes.

Whether you're planning to fuel before, during, or after training, I hope you come by to the Farmers Market today 11:30-5:30 at the Science Center Plaza and say hi! Check out the other vendors too!

Farmers Market

Coaching opportunities

Up for trying something new? I'm really hoping to expand my roster of athletes! Please spread the word! I now have about 4 slots open and am 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

Sourdough focaccia recipe

Sourdough focaccia (one 7x11-inch-ish pan -- there's some flexibility depending on how thick you'd like it):

1. (Get a scale.) Mix together 110 grams sourdough starter, 215g bread flour, and 215g water. Let sit 2 hours.
2. Add 215 grams all purpose flour, 200g more water, and 6g salt. Let rise in mixing bowl, covered, for ~8 hours at room temperature, until quite bubbly.
3. Line pan with parchment paper, and coat with olive oil. Pour dough into pan. Cover and let rise another 1-2 hours.
4. Pre-heat the oven to 425F. Spread olive oil over the dough, [dimple](#), and garnish with coarse salt and rosemary.
5. Bake for about 45 minutes, until nicely browned

Note: you can make this with yeast instead! Just add a teaspoon of active dry yeast to the flour/water mixture and judge rising time based on bubbles!

More recipes!

Farmers Market!

S.S. Endurance/Endurance Baking is at the Harvard Farmers Market every Tuesday from 11:30-5:30 in the Science Center Plaza. Hope to see you there!

Don't forget to sign up for [pickup or delivery](#) on my website if you can't make it! Reach out with any questions to my email coachserena326@gmail.com.



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