



This newsletter is brought to you by wifi struggles, a day with too much time on my hands, and spicy tofu. Enjoy!

Sifan Hassan's trailblazing Olympic moments

Bronze in the 1500m in Tokyo. Gold in the 5k and 10k in Tokyo. Bronze in the 5k and 10k in Paris. And now gold in the marathon in Paris. Wow. If you didn't get a chance to watch the women's marathon, I'd recommend taking five minutes to [watch the ending](#). It was a showdown between the the World Record holder (Assefa), the recent NYC and Boston Marathon champion (Obiri), prior Olympic champion (Jepchirchir), and the second-fastest ever marathoner (Hassan)... insane! The race came down to a sprint finish, which possibly played to Hassan's track speed. Her ability to recover from the 10k race on Friday before the Sunday marathon was quite remarkable.

Perhaps the greatest statement Hassan made though was in wearing a hijab at the medal ceremony. France had banned its athletes from wearing hijabs preceding the Olympics, so this was a profound moment at the end of the last event in the Paris Olympics.

P.S. Don't forget to tune into the Tour de France Femmes this week! I watch the extended highlights every day. Just search "Tour de France Femmes Stage X extended highlights 2024" in Youtube!

[Stage 2 TdFF highlights](#)

Science snapshot

"Threshold training" is a controlled but moderate-high intensity interval training that has been touted by Norwegian athletes and coaches, particularly Kristian Blummenfelt (coach Olav Aleksander Bu) and Jakob Ingebrigtsen. A recent [study](#) published in *Frontiers in Physiology* compared the internal (heart rate, lactate, etc) stresses of completing double threshold sessions (i.e. two threshold sessions separated by 6.5 hours of rest) vs. a single threshold session of the same cumulative duration. The researchers used a crossover study design with 14 male endurance athletes, so all participants completed both interventions. My takeaways:

- A single session may be more internally stressful than two separated sessions.
- Choosing which method is right for you depends; e.g. if you want to accumulate time at threshold vs. focus on power at threshold, add vs. limit stress.
- We need long-term studies in female participants or those who may be more stress-limited.



What questions do you have about training and racing? Reply to this newsletter or email me below, and I'll answer one next week!

[Email me!](#)

Ladyfingers recipe

Last week I provided the vanilla cream recipe, and this week is the lady fingers recipe for tiramisu, from an old Gourmet magazine!

1. Beat 3 egg whites to peaks with pinch salt and 2 tsp granulated sugar.
2. Beat 3 eggs yolks with 6 tsp granulated sugar.
3. Mix $\frac{1}{2}$ cup cake flour or all purpose flour and 2 tsp cornstarch (better if sift) into yolks.
4. Line a pan with parchment paper. Use a pastry bag to make long thin ladyfinger shapes on pan. Sprinkle with granulated sugar.
5. Bake at 325F for 15-20 min until very light golden.



[More recipes!](#)

Farmers Market!

S.S. Endurance/Endurance Baking is done vending at the Harvard Farmers Market for 2024. I'd still encourage you to go check out the other awesome vendors there! I'm still doing pickup and delivery if you [order online](#). For updates, make sure to follow me on Instagram [@coach_serena326](#).

Edit from last week's newsletter: I misspelled the swimmer Ariarne Titmus's first name as "Adrienne" when it is in fact "Ariarne". Whoops. I am so sorry. Thank you for understanding!



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