



This newsletter is brought to you by pumpkin, cat purrs, and many layers of clothes. If you enjoy this newsletter, I'd be grateful if you could share it with one or two others!

Book recommendations

[Let Your Mind Run](#) (Deena Kastor and Michelle Hamilton): Deena Kastor's development as a runner, from collegiate athlete through Olympic medalist, highlighted with thoughts on the mental flow and freedom of running.

[Iron War](#) (Matt Fitzgerald): The epic show-down between two triathlon greats, Dave Scott and Mark Allen, who had different training and racing approaches.

[Running While Black](#) (Alison Desir): A fresh perspective on the history of running and the whiteness of the running industry.

[The Perfect Mile](#) (Neal Bascomb): Brings together the stories of three men from different parts of the world who each sought to break the 4-minute mile in 1954.

[Assault on Lake Casitas](#) (Brad Alan Lewis): Energetic and emotional story about the USA double scull that won gold at the 1984 Olympics.

[Up to Speed](#) (Christine Yu): Brings the reader up to speed on the latest female athlete research, ranging from menstrual cycle to sports bras to pregnancy.

[Training + Racing with a Power Meter](#) (Andrew Coggan and Hunter Allen): Written together by an esteemed exercise physiologist and a cycling coach, this book is a great introduction to... training and racing with a power meter.

[The Triathlete's Training Bible](#) (Joe Friel): A key starter training book for triathlon written by a well-known triathlon and cycling coach.

List to be continued at a later time... I'd love to hear your recommendations too!

Coaching snapshot: heart rate!

Question: "I heard that [elite cyclist Tadej] Pogacar's heart rate is 150-155 at Zone 2 power on some days and 140-145 at the same power on days he feels more fatigued. Why is that?"

You can find the referenced interview with Peter Attia [here](#). He talks about heart rate around 20 minutes in.



A 2012 [review](#) in *Sports Medicine* discussed heart rate and heart rate variability in athletes. A few key takeaways:

- Heart rate is a good metric to use to estimate exercise intensity.
- Chest heart-rate monitors with electrodes have accuracy within 1 beat-per-minute of ECG-measured heart rate, whereas other methods are much less reliable (granted, this was published before the most recent optical technology was implemented).
- Some studies have shown that sub-maximal and maximal heart rates are depressed in states of high fatigue (over-reaching and over-training), and this is hypothesized to be a result of changes in the autonomic nervous system (i.e. parasympathetic activity overtakes sympathetic).
- Aside from fatigue causes, heart rate at each zone will vary day to day depending on external factors like heat, cold, altitude, stress, sleep, sickness, caffeine, and more.

So, it's a normal response to training in a fatigued state to have heart rate suppression at the same power. The etiology could be the nervous system, if all other environmental variables are controlled for. It can be helpful to use heart rate to help you understand your body and its adaptation to training, but you should not feel like you have to stick exactly at a certain heart rate every day. Heart rate is another tool in the toolbox, much like pace, power, and rate of perceived exertion are!

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

Also, let your friends know that I'm taking more athletes! I'm looking to work with runners and triathletes and depend on you to help spread the word :) Send them to my [website](#) to submit an inquiry or just pass along my email.



Pumpkin muffin recipe!

It's fall and stylish to make pumpkin things, so [here](#) is a great pumpkin muffin recipe I found the other day. I decreased the maple syrup and added some bran, but they came out great. I hadn't thought of adding turmeric to pumpkin before, but it worked really well! Next time I'd add some pecans or walnuts too. Made 16 regular muffins! Freezes well (forgot to photograph before freezing...).

Ingredients: butter, pumpkin puree, brown sugar, maple syrup, flour, baking powder, baking soda, spices (cinnamon, turmeric, ginger, nutmeg), salt.

Pumpkin muffins

Order pickup or delivery!

S.S. Endurance is done vending at the Harvard Farmers Market for 2024. Instead, I have a new pickup system! [Order online](#) 24 hours in advance for pickup. Remember, I also do delivery or pickup from spots determined by you! For updates, make sure to follow me on Instagram @coach_serena326. For questions, feel free to email me by responding to this email!



[Unsubscribe](#) | [Manage your subscription](#)

Powered by sweat and sweets. Cambridge, MA, USA.