

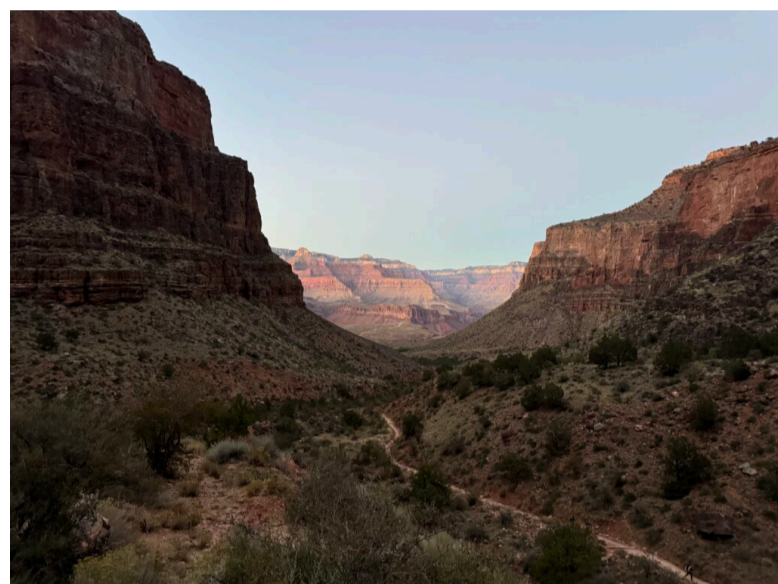
This newsletter is brought to you by Tylenol, Jewish holidays, and mom's home cooking. If you enjoy this newsletter, I'd be grateful if you could share it with one or two others!

Aid station mastery at Nice Côte d'Azur 100 miler

[Courtney Dauwalter](#) put on a masterclass, as always, at the Nice Côte d'Azur 100 miler this past weekend. She not only won the women's race by 5 hours but also came in second overall by only 13 minutes. Her aid station stops are true master classes in coordination, communication, and efficiency. [This video](#) shows one of the stops during the race. I have a few takeaways having now watched quite a number of her aid station visits over the past few years:

- She drinks a lot during the stop.
- She checks that her bottles are working before leaving the aid station.
- Her crew helps refill her pack.
- She occasionally brushes her teeth, puts on chapstick, or puts in eye drops.
- She smiles most of the time and always says thank you.
- She does everything patiently but efficiently.

Rim to Rim (R2R)



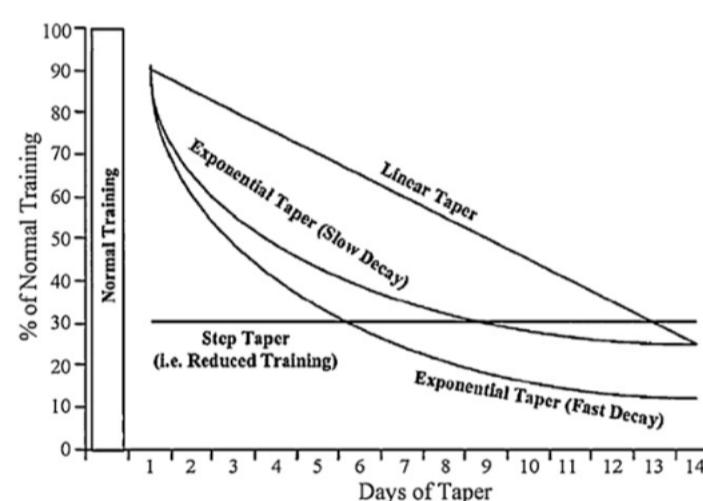
My immediate reaction post-adventure was, I never want to enter the canyon again. The next day, feeling mostly normal and without enough soreness, I thought more that there is unfinished business in the canyon and started looking for flights back. And now I don't feel the need to ever go back, but I would not be afraid of entering the canyon and trying for R2R2R again. The Arizona desert outside the canyon is beautiful...

[R2R Report](#)

Coaching snapshot: tapering!

Question: "Why would I do cross-training during taper week?"

It depends on the type and length of a race, prior training, and outside stressors, but for example, over a marathon, tapering can [improve performance by about 1-3%](#), which adds up to minutes! There are many different ways to taper, but a constant is that training frequency should not decrease by more than 20%. That means if cross-training is part of your routine, you should keep it in there! Depending on how tapered you want to be, cross-training is also a great way to keep up easy volume and continue building aerobic base to carry you to a following more important race or through the remainder of the season. Your future performance also depends on stacking bricks now!



The typical [options for taper strategy](#):

- Linear taper: linear reduction in normal training.
- Fast and slow exponential tapering: quicker vs slower drop-off in training.
- Step taper: a sudden reduction in training sustained over the taper period.

A 2023 [systematic review and meta analysis](#) published in PLoS One goes into great detail. Their final review included 14 studies with 174 athletes (runners or cyclists). A few key takeaways:

- Generally, a taper approach maintaining intensity and frequency but decreasing volume improves performance.
- The taper approach may depend on taper length (e.g. slow exponential decay if a longer taper and fast exponential decay if a shorter taper) and sport.
- Consider a pre-taper overload training period.
- Some possible explanations for why tapering improves performance include: increased muscle glycogen content, improved hemoglobin and hematocrit (percent of red blood cells in blood), lower cortisol levels, increase in muscle hypertrophy and power, and improved mitochondrial function.

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.



Challah recipe!

Rosh Hashanah was last week, and I realize it's a bit late, but here is my go-to Challah recipe! It takes about 4.5 hours to make (including rising time).

Ingredients: active dry yeast, water, milk, eggs, flour, salt, oil (just a little), sugar (just a little), sesame seeds (optional).

[Challah](#)

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!

