



This newsletter is brought to you by off-season schemings, hot baths, and winter gloves. If you enjoy it, I'd be grateful if you could share with one or two others!

Off-season ideas

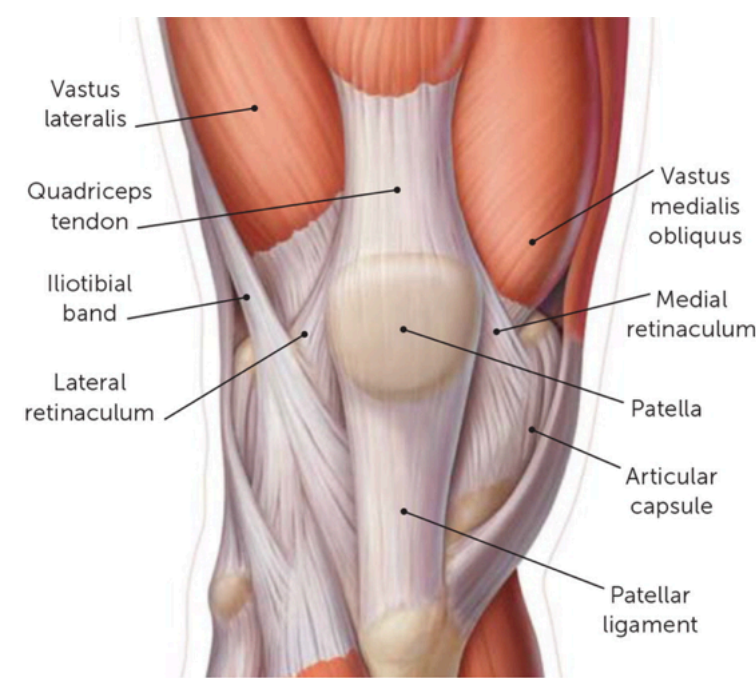
The "off-season" usually refers to a time when it's colder in the Northern Hemisphere and there are fewer "A" races to chase. This break in racing provides a good 3-4 months for athletes to build endurance, build strength, and address weaknesses they noticed over the racing months. Along with traditional progress goals, it can be fun to have some outcome-oriented goals for this period, and here are some ideas:

- Chase an FKT: This can be anything from a short Strava segment personal best in your backyard to an official [FKT](#) like R2R2R (Adam Peterman didn't get it last week, but he's an amazing and humble trail runner so I recommend following him [@adampeterman_](#)).
- Complete an Everesting challenge: An Everesting is when one goes up and down the same hill until they have reached the elevation gain of Mount Everest. Half the elevation is "Base Camp" and double, triple, quadruple, etc. are also done! A student at the University of Virginia [set the unicycling record](#) last week (yup, unicycle)!
- Try a DIY triathlon: This can be a traditional triathlon (F1 racer Valtteri Bottas [did an entire Ironman](#) in his house last week) or a non-traditional triathlon like erg, bike, and run stadiums.
- Get together for a relay: Set what sounds like an intimidating goal and get some friends together to do it with you or relay to the finish!

Coaching snapshot: patellofemoral pain!

Question: "Coach, I have knee pain. What do I do?"

It's impossible to make a diagnosis without a proper history, physical exam, and imaging. Just wanted to get that out of the way.



Similarly, it would be silly of me to try to list all the causes of knee pain. So, I'm going to focus on just one of the most common causes for endurance athletes: patellofemoral pain ([annual prevalence around 23%](#)). Pain presents in front and under the kneecap. It is usually of gradual onset and gets worse with activity, especially walking up and down stairs, and can get stiff after sitting. If left untreated, it can become extremely painful. It's common in any activity that involves bending and straightening the knee, like running, cycling, and rowing. Some [risk factors](#) for developing patellofemoral pain include weak quadriceps, a sharp increase in activity, and female sex.

The cornerstone of treatment is physical therapy. [Depending](#) on what the athlete needs, focus is on (1) strengthening the quadriceps, core, and hips; (2) gait retraining (e.g. [increasing cadence](#) from 166 to 181 steps per minute on average); and/or (3) mobility and flexibility. In most cases, some pain (<3 />

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. Thank you so so much!



Crumble topping!

A crumble/streusel topping can spice up any pastry. It can also go in the middle of a coffee cake rather than on top!

Ingredients: 30 grams (~¼ cup) flour, 20 grams (~2 tbsp) brown sugar (can replace with granulated sugar and dash of molasses), 20 grams (~2 tbsp) granulated sugar, 2 tbsp butter, dash salt. Optional to add any additional spice and/or add-in like pecans!

Mix together all ingredients using your fingertips for about 30 seconds. It's good to leave some clumps and butter lumps. Sprinkle on pastries before baking!

[Recipes!](#)

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