



This newsletter is brought to you by joggers, a good buff, and gingerbread cookies. If you enjoy it, I'd be grateful if you could share with one or two others!

70.3 World Championships (Taylor Knibb edition)

70.3 is the half-distance triathlon (1.2 mile swim, 56 mile bike, 13.1 mile/half marathon run). The Ironman 70.3 World Championships was held in New Zealand this year (I actually qualified earlier this summer with [a very mediocre performance](#) at IM 70.3 Happy Valley but decided it was way too expensive to justify going). The highlight of the show was once again Taylor Knibb, who [won this event for the 3rd straight time](#), solidifying herself as one of the most accomplished U.S. middle-distance triathletes. I'd encourage you to check out these clips in which she enthusiastically [reflected on the race](#) and [talked through her fueling strategy](#).

You might recognize her name from the T100 final a few weeks ago, which she also won. In the middle of the run, she turned to the cameraman and said, "I just s--- myself, so can you not get my a--?" (see [this video that went viral](#)). Don't we love it when a champ gets real and gives away that they struggle with the same challenges we amateurs do?

Coaching snapshot: cooling!

Question: What's the role of cooling in training and racing? Should I ever train cool if heat training is good?

A [2012 study in PloS One](#) analyzed major marathon times with respect to environmental conditions between 2001 and 2010. Warmer air temperature and higher humidity were significantly correlated with slower finishing times and higher DNF ("did not finish") rates. The optimal temperatures for running speed were 40-50 degrees F.

A [2014 meta-analysis in the British Journal of Sports Medicine](#) evaluated the performance effects of pre-cooling (cooling before) and per-cooling (cooling during). The study synthesized 28 studies of male runners or cyclists in events held in hot conditions (over 86 degrees F). It found performance improvements with pre-cooling (+5.7%) and per-cooling (+9.9%) and noted that cooling larger surfaces and with more methods tended to improve performance more.

Speaking of cooling strategies... here are some that have been studied in the literature and I've seen used by elite athletes: ice vests; ice bandanas; ice hats; ice collars; wet sponge; cold water immersion; ice slurry or cold water ingestion; holding ice; menthol mouth rinse; Omius headband.



This [2021 study](#) surveyed ultra-runners competing in a hot race ([Grand Raid de la Reunion](#)) and found only 42% utilized cooling strategies. Though the mechanisms for the performance gains with cooling are still [debated](#), cooling is clearly a performance-enhancer! It's great to practice staying cool during more intense training sessions so that you can produce maximal power, so test out some methods in training and find what works for you. Save the heat training for easy sessions.

What questions do you have about training and racing? Reply to this newsletter or [email me](#), and I'll answer one in a few weeks (happily got a little backup now!).

Let your friends know that I'm taking just a couple 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!

Mint Chocolate Cookies!

Speaking of cooling and menthol... these mint chocolate cookies are somehow chocolately and refreshing at the same time!

Ingredients: 9 oz chocolate (I like 63%), 9 tbsp butter, ¾ cup brown sugar, 1 cup granulated sugar, 1 egg, 1 tbsp hot water, 1½ tsp peppermint extract, 1½ cups spelt flour, ¾ cup almond flour, ½ tsp baking soda, ½ tsp salt, chocolate or white chocolate chips.

Mix together half the butter with sugars. Then mix in egg, hot water, and peppermint extract. In a separate bowl, melt chocolate with the rest of the butter. Add to batter. Then mix in almond flour; then spelt flour, salt, baking soda, and chocolate chips. Bake at 350 °F for 15 minutes. Cool, then remove from pan.



[Recipe here!](#)

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