

This newsletter is brought to you by Lady Gaga's Mayhem album, chocolate chip muffins, and Icarus. If you enjoy it, I'd be grateful if you could share with one or two others!

Italian scenery (and elsewhere for news)!

The Chianti 120k trail race is this weekend in Tuscany, and I'm sure it will feature not just great racing but also great scenery. You can watch it for free on [Outside TV](#).

If you're a new subscriber, welcome to the newsletter! Usually I have a short endurance news-related snippet here, but the past few weeks I've been a little uninspired in this regard. There are so many other great places to get endurance sports news! For example: Freetrail and the Ultra Minute (trail running), Velo (cycling), Fast Women and The Female Athlete Project (women's sports), and way, way more.

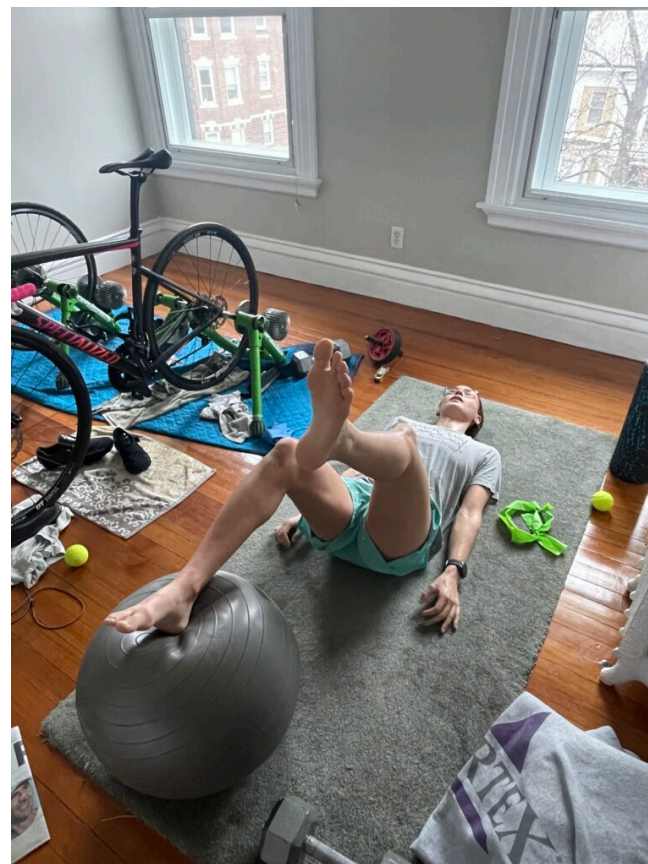
Coaching snapshot: warming up!

Why does everything feel so hard if you don't warm up? What does warming up do for you? What is the goal of a warmup actually?

Let's talk about the benefits of warming up! One analogy that has stuck with me is that training sessions are like sandwiches. If you take out part of a sandwich, like the cheese, you don't get the benefits of the cheese (calcium, protein) and also the whole sandwich doesn't fit together just right (tastes different, ratios of things are off). Take out one part of a training session, like the warmup, and you end up with the same issue -- not only will you miss out on the benefits of the warmup but also the rest of the training session will be affected.

If an athlete completes a recommended [warmup](#) that includes 15 minutes of easy-moderate cardio, mobility, and a few bursts of intensity, such as they would if preparing for an endurance event, they will reap [the following benefits](#):

1. Metabolic: With the cardio, a higher body temperature increases muscle oxygen uptake by speeding up the dissociation of oxygen from hemoglobin. Increased muscle temperatures also increase the rates of chemical reactions, such as those used to convert glucose into energy, which we want to be primed and ready.
2. Cardiovascular: Warming up signals to the body that certain muscles will be needing more blood flow, so blood vessels to those muscles dilate, increasing blood and oxygen delivery to where it matters most.
3. Biomechanical: Mobility or dynamic stretching improves range of motion. Short intense bursts or plyometrics improve muscle and tendon stiffness. Generally, warming up can reduce the risk of injuries, especially muscle strains.
4. Neuromuscular: Warming up [decreases muscular contraction time](#). It may also prime the nervous system to better recruit muscle fibers, though the mechanism is unclear. Finally, it provides a time for mental preparation.



^ Me completing a few activation exercises pre-training that I believe help me better engage the glutes throughout the session.

In conclusion, don't leave out the cheese and do your warmups!

Reply to this newsletter or [email me](#) with questions, and I'll answer one in a few weeks!

Let your friends know that I'm taking more athletes! Send them to my [website](#) to submit an inquiry or just pass along my email. Thank you so much!

Cashew blondies (no eggs)!

These cashew blondies are delicious at room temperature or cold, which make them perfect for a mid-adventure snack. Warning: you do have to like beans.

Ingredients: 8 tbsp cashew butter, 113g (4 oz) apple sauce, 200g sugar, 15 oz or 1 can white beans (Great Northern or Navy preferred), 2 tbsp ground flax seeds, 3 tbsp warm water, 1 tsp vanilla extract, 1 tsp baking powder, 50g oat flour, ½ tsp salt, 4 oz chunky chocolate.

Butter a brownie pan. Process cashew butter, applesauce, sugar, beans, flax seeds, and water together. Transfer to a mixing bowl. Mix in vanilla, salt, oat flour, and baking powder. Add chocolate chips. Bake at 350°F for 35-40 minutes until top browns slightly. Important to cool them in the fridge overnight before eating.



[Recipe](#)

Help me grow!

As a small business, I rely on word of mouth to grow. Please share my [website](#) (ssendurance.com), [Instagram](#) (@coach_serena326), or [newsletters](#) with anyone and/or over social media! Reach out with any questions or comments by responding to this email. Thank you all!

Hi from Ramona!



Quick reminder to sleep (even if the sleep situation isn't perfect haha) and eat!

Sending more snuggles, purrs, and encouraging meows!

