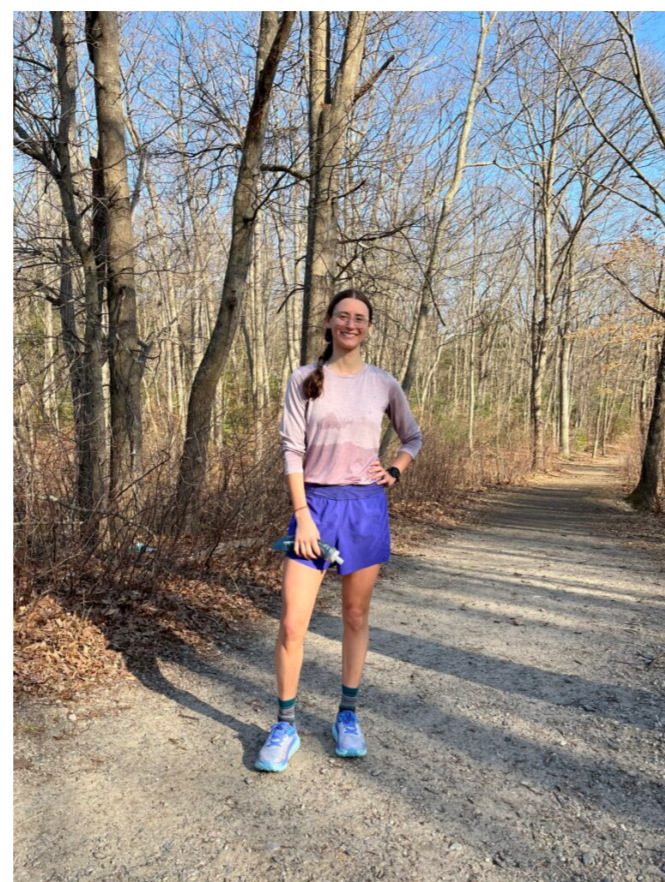




This newsletter is brought to you by purple shoes, purple shorts, and a purple shirt. If you enjoy it, I'd be grateful if you could share with one or two others!

My summer racing!



Last week I finally got back out onto trails! It's been a long, cold, dreary winter in Boston, and I'm so ready for spring. I happened to wear an all-purple outfit, and I liked it. This may be my new trail race outfit...

Speaking of racing, I've signed up for two races so far this year and I'm very excited! The first is Broken Arrow Skyrace 23k, which is a mountain trail race in Tahoe at the end of June, and the second is Ironman Lake Placid at the end of July. Both feature Olympic villages! After a shaky build back post-Bandera 100k, things are feeling good again and I can't wait to celebrate with a race!

So inspired by everyone who's been racing!

Coaching snapshot: relative energy deficiency in sport!

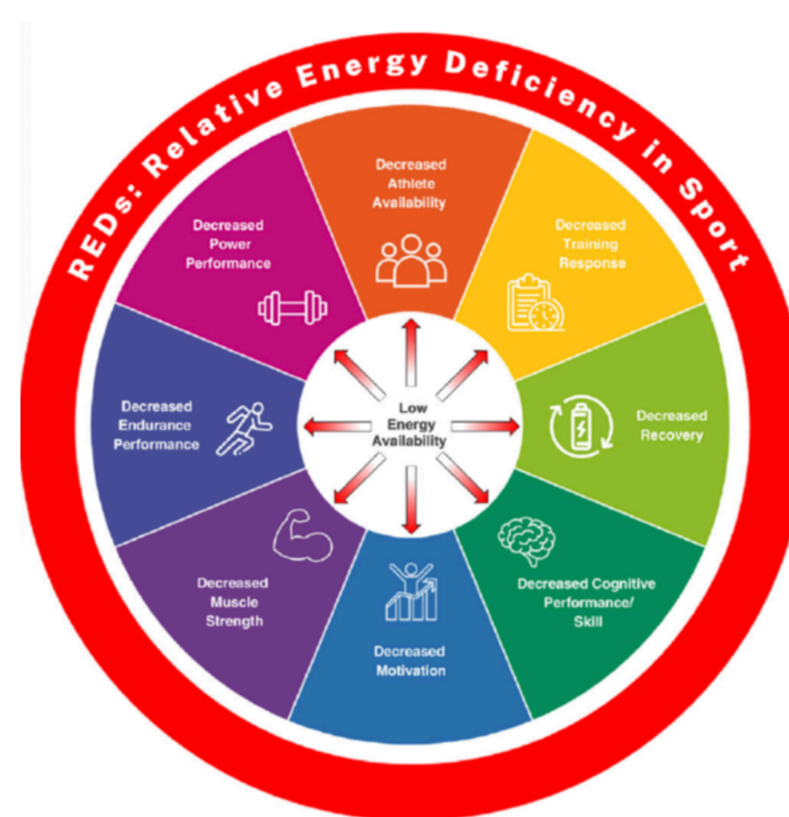
A recent study found that nearly 50% of U.S. female track and field athletes were at risk of "relative energy deficiency in sport" (REDs). REDs is an issue with some similarities to but distinct from eating disorders, disordered eating, and overtraining. REDs can be a result of unintentionally under-fueling training to the point that it compromises normal body functions.

Fuel is essential not just for sport performance but also for overall health. Energy availability is the energy left over for body functions after taking away the energy used during exercise.

Total energy (aka fuel) - Energy used for sports = Energy availability for the body.

When an athlete doesn't have enough energy left over for normal body functions, they're in a state of relative energy deficiency.

In 2023, the International Olympic Committee published a Consensus Statement on REDs. Some symptoms of REDs include weak bones, a weak heart, slowed metabolism, sleep problems, an abnormal menstrual cycle, and mental health and focus issues. As clues, athletes may notice decreases in sport performance, as outlined by this IOC diagram, before experiencing these clinical manifestations.



Interestingly, studies have shown that both male and female athletes who overall meet daily energy needs but spend more hours of the day in energy deficiency are at a higher risk of adverse outcomes. These athletes were found to be spending more time in a catabolic state (think body breaking down), had worse metabolism, and had higher stress hormone levels than athletes with fewer hours of the day in energy deficiency. This is part of why it is important to fuel during training. In addition, this evidence supports that harms may outweigh the benefits of doing fasted training. Fuel the fire!

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!

English muffins!

These don't require an oven! This recipe makes about 18. As confirmed by one of my friends, these are "delish + good (pre/during/post) trail snack"!

Ingredients: 1 package (7g) active dry yeast, ¼ cup warm water, 1 cup warm milk, 1 tbsp melted butter, 1 tsp sugar, 1 egg, ~4 cups flour, dusting of cornmeal.

Dissolve yeast with water. Let sit 10 mins. Mix in milk, butter, and sugar. Whisk in egg. Add flour (sometimes I sub some whole wheat here) while mixing. Knead to form a soft dough that barely doesn't stick to your hands. Let rise 2 hours at room temperature. Sprinkle surface with cornmeal. Roll dough to about ½ inch thick. Use a glass to form rounds. Let rest 15 minutes. Cook on a dry pan on the stovetop ~7 minutes per side!



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Hi from Ramona!



To more fun fueling and more race wristbands!

