



This newsletter is brought to you by so much rain, so much noodle soup, and so much split squat DOMS. If you enjoy it, I'd be grateful if you could share with one or two others!

Simplicity!



Last night we watched Clayton Young's most recent video about his build to the Boston Marathon, in which he refers to the "mundanity of excellence." It seems like an interesting take on excellence at first thought, but I think he has a point. Excellence comes with consistency and simplicity in planning and executing training and racing. It's so easy to get caught up with all the ads online insisting we need to buy this or that gadget and to take this or that supplement and to do this or that exact complicated session. In reality, the athletes that excel in the long-term are those who train a lot, mostly easy with a little hard, and fuel their training. They have the durability to stack ordinary days, and they find joy in the mundane pursuit of excellence.

Coaching snapshot: iron!

I feel really out of breath, especially when I'm running uphill, more than usual. Do you have any breathing recommendations?

So, I won't talk about breathing now (that's a subject for another day), but I do encourage any athlete that is having symptoms like this to go see a doctor! Of course, it could be you're out of shape or fatigued from stacking training days, but if there's a persistent shift from baseline or you're feeling at all "off," it's totally worth getting checked out! There are tons of reasons why an athlete could be feeling this way, but the one I want to highlight today, which is very common, is iron deficiency! (Note: [iron overload](#) can also cause these symptoms and further toxicity and is why it's imperative to get your blood checked before starting any iron supplementation.)

This is a photo of me attempting to hike a 14er in Colorado. We can ignore my silly outfit, but do enjoy the view. Unfortunately, at about 13k feet, I was getting too breathless to go the rest of the way up, so we turned around. I had been living at around 9,000 feet for a couple weeks, so I was acclimated to altitude, but my body was just not on board with the hiking to even higher elevation. About a year later, after suffering through runs thinking I was getting slower, feeling anxious during intervals, and also having brain fog and memory issues, I was diagnosed with severe iron deficiency anemia and got an IV iron infusion (note: there are WADA rules about infusions).



Iron deficiency is common in endurance athletes like triathletes and runners. [Studies](#) find a 7-35% incidence of iron deficiency, usually higher for females than males.

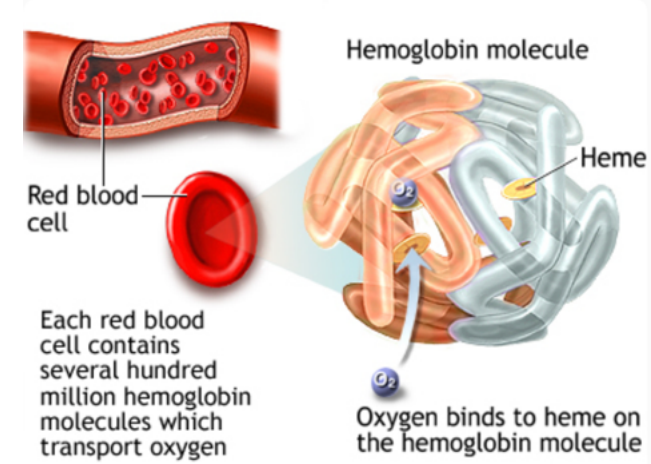


Image from [UF Health](#).

Iron is a key mineral component of hemoglobin, which is what binds oxygen to red blood cells as they travel throughout the body and deliver oxygen. Iron can be [lost](#) through blood, sweat, gastrointestinal bleeding, and destruction of red blood cells, which can happen when runners repeatedly strike the ground ("[foot-stroke hemolysis](#)"). Though on their own, each of these sources for iron loss may be minimal, taken together they can add up to cause deficiency!

Anemia (a drop in red blood cells) doesn't occur until there is a substantial drop in iron. So, make sure your doc does a full iron panel and not just a complete blood count, since you can have iron deficiency (indicated by low ferritin) causing symptoms [even without anemia](#). There's a lot [more on this topic](#), but for now I just wanted to bring it to your attention and hopefully help someone who's been feeling this way!

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!

Spring cupcakes!

Spent a while trying to actually find the recipe for these cupcakes to no avail. Here's the frosting recipe (adapted from *Gourmet* magazine), and in a couple weeks I'll send over the cake part! (Next week will be matzo banana bread because of Passover.)

Ingredients: 2 egg yolks, 1/2 cup milk (prefer whole), 1 tbsp flour, 3/4 cup confectioners sugar, 1 tsp vanilla extract, 1 stick butter, 8 oz milk chocolate.

Melt the chocolate in the microwave, being careful not to burn it. In a pot on the stove, whisk together egg yolks, milk, flour, and half the confectioners sugar. Bring to a simmer, and stir until thickens. Transfer to a mixing bowl, add the chocolate and the remaining confectioners sugar, and whip for a couple minutes. Add the vanilla, and then add butter 1 tbsp at a time. Let cool in the fridge, and give another little whip before frosting.



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!

Nighty night from Ramona!

Reminder to get some sleepy sleep! Sending happy cat (or dog I guess) dream vibes your way :)

