



This newsletter is brought to you by dandelions, pines, and rocky rivers. If you enjoy it, I'd be grateful if you could share with one or two others!

Adirondack training camp!

We spent the past four days exploring a new part of the country: the areas around Lake Placid and Saranac Lake, home of the High Peaks Wilderness area, gateway to the Adirondacks, or 46ers, as some might say.

We prioritized volume and terrain specificity for upcoming races. Doing volume over intensity allowed us to pile on the experiences without totally cooking our bodies. We got trails with steep vert in the mountains (prepping the quads and calves for Broken Arrow), and we swam and biked on the Ironman Lake Placid course.

Despite starting the routes toward three peaks, we only summited one. It truly is about the journey. What a great training camp!



Coaching snapshot: stretching!

Should I be stretching before my training sessions?

First, let's differentiate between static and dynamic stretching. Static stretching involves passively holding muscles—typically for 30 seconds or more—at their end range to improve flexibility (think: toe touches, figure-4 holds, or butterfly pose). In contrast, dynamic stretching is a form of mobility work in which joints are actively moved through a full range of motion (think: leg swings, hip circles, or spine openers).

Recent [research](#) suggests that flexibility gains from static stretching are driven not only by structural changes in the muscle but also by improved stretch tolerance/reduced nerve sensitivity. Evidence shows that static stretching over 60 seconds per muscle group performed before exercise has a [detrimental effect on subsequent strength and power](#). One [hypothesis](#) for this is that static stretching decreases the tension of a muscle, which decreases its "pop"-iness. Usually we want a springy muscle so that the muscle can recoil on impact, converting elastic energy into kinetic energy and helping spring us along. Therefore, I usually don't recommend static stretching prior to a training session.

That said, some athletes report improved agility, comfort, or reduced injury risk when incorporating stretching into their routine. In these cases, I like using static stretching after the training session or dynamic stretching before the session. For example, lunges and hip circles during a warm-up loosen up and activate the muscles around the ankles and hips, priming the body for movement. Dynamic stretching has been shown to have small [performance](#) and [muscular power](#) benefits when used before exercise.

As with most aspects of training, stretching methods, timing, and targets should be [individualized](#). I think the best approach considers an athlete's movement demands as well as injury history.

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!

Lemon blueberry cake!

Lemon and blueberries for a spring cake!

Ingredients: ½ stick butter, softened, ¼ cup oil, 1¼ cups granulated sugar, 4 eggs, zest of 3 lemons, 2 tsp vanilla extract, 1 cup buttermilk, 2½ cups all purpose flour, 2 tsp baking powder, [lemon curd filling](#), blueberry jam, simple chocolate icing (6 oz chocolate melted with 4 tbsp milk), blueberries.

Preheat oven to 350°F. Butter two 8-9" cake pans and line with bottoms with parchment paper. Beat together butter, oil, sugar, and lemon zest. Beat in eggs and vanilla. Mix buttermilk, flour, and baking powder, alternating, into the batter. Pour into pans and bake for 35-40 minutes. Let cool, slice in half, and fill with lemon curd and blueberry jam, decorate with chocolate icing and blueberries!



[Recipe](#)

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Hi from Ramona!

She was so happy to see us come home, and we were so happy to see her!

