



This newsletter is brought to you by lox, 4am meows, and the first open water swim of the season! If you enjoy it, I'd be grateful if you could share with one or two others!

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## Substack!

Either I've been living under a rock and am just emerging (very likely), or Substack has gained ridiculously more traction in the past few months as basically a long form social media outlet... or both.

I caved and created my own profile, and I posted one "article" from the archives of my website blog about [Ironman Canada 2019](#). I may be converting this newsletter there at some point, but we'll see.

In the meantime, I started following a few athletes and coaches and recommend you check out [Lila Gaudraulit](#) ("Running too Much") and [Mario Fraioli](#) ("The Morning Shakeout")!



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## Coaching snapshot: female athlete conference!

Last week I had two biking trips into downtown Boston that were downright terrifying but perhaps worth it for this conference. I definitely left with more questions than answers though. Here are notes I took from two talks:

For the athlete of menstruating age: There are [well-documented effects](#) of sex hormone levels on physiology like thermoregulation and substrate (i.e. carb vs fat) utilization. However, it is still unclear whether these changes translate to certain training adaptations or variations in performance across a menstrual cycle. One study might show no differences across a cycle at a population level, but [25% of those athletes may be having anovulatory cycles](#) (i.e. minimal hormone fluctuations while still bleeding monthly)! In addition, there are tons of different formulations and brands of oral (and other) contraceptives, so even [studying those is challenging](#).

For the postpartum athlete: "Low" or "very low" certainty evidence is being used to make recommendations about postpartum athlete return to sport. We just don't know yet what the risks and benefits are, and [case studies make up the majority](#) of the research articles here. It does seem like sacral stress fractures are reported at a higher rate in the postpartum period compared to controls, the theory being postpartum athletes may have lactation-related bone density loss, joint laxity, and/or too quick a return to sport.

Overall, human subject research is really, really hard! Individuals are vastly different, and research protocols are usually inadequate to manage the heterogeneity. There are so many variables to measure and control for, and also probably so many variables we don't even know about. When someone feeds you a "fact" or you hear something over social media, ask questions about the methods and understand if the research can truly be applied to you.

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!**

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## The bakery!

Endurance Baking is fully morphing into S.S. Endurance! I'm excited and sad to be leaving the baking behind a bit to dive further into coaching.

It was a great two years selling at the Farmer's Market and online. There's something about late night and early morning baking in the dark that is so magical. I'll be uploading all my protein and other bakery recipes to the website soon!

Thank you all so much for your support at the various steps of this journey!



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## 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!

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## Hi from kitties!

Ramona helping me read up for this newsletter over bolognese, and one of her cousins, Nijinsky, posing with her portrait! We gotta get a Ramona portrait soon!

