



This newsletter is brought to you by scrambling on a "slide" trail in the White Mountains, showing new rowers nature on the Charles River, and anticipation of the football season! If you enjoy it, I'd be grateful if you could share with one or two others!

A race report!

In July I competed in Ironman Lake Placid. The training and coaching intensity this past summer inspired me to shift this newsletter to a monthly thing, so that's why you're now only receiving this once a month! Thank you for those of you who reached out and encouraged me to continue at all :)

Race Report Excerpt!



"...The second loop of the bike also featured a torrential downpour, this time with a bit more wind, but I handled it much better! I also was passing some spectators who were still out cheering despite the weather and thanked them for coming out, which was a boost. A few times I did catch my mind wandering to the run... how on earth am I going to run a marathon after this..."

...One of my biggest takeaways and recommendations to racers is: ask the volunteers how it's going. I love doing this for two reasons: 1. It takes my mind off myself and the race for a moment, helping me appreciate what others are doing for me, and just doing with their life on that day period. 2. They always look confused and not sure what to say, which is kind-of funny!..."

[Race report on my blog!](#)

I wore the Broken Arrow shirt during this race to remind myself that I'm a trail runner and I can crush hills!

Coaching snapshot: training specificity!

How would you set up a training plan for a competitive high school crew team for them to peak at Nationals in the spring?

I was so excited when one of my co-coaches asked me this because of course I love talking about training! Plus, I would get to hear another coach's perspective, and it's always fun to deliberate with someone else.

One guiding training principle is to progress from least race-specific to most race-specific training throughout the build. This is a well-established training theory that I don't think has a ton of research but is practiced at all levels. I like it because it just makes a lot of sense to me to train how you will race and work on that race-specific economy of motion when closer to the race! That said, it also depends on the athlete and their history, and lots of methods can work.

I like to think backwards from the peak race about 20 weeks (5 months), in blocks (this is referred to as "block periodization"). In general I consider 6 months a good amount of time to prepare for a race without feeling rushed, assuming the athletes already have a foundation. A 2k rowing race is about 7 minutes long, so basically an aerobic capacity race. Therefore, in the last 4 weeks of training preparation for this race I'd focus on Vo2max intervals. The frequency and volume of work done in these sessions would depend on the experience of the crew. Thinking backwards (but writing it here forwards), the end product might look like:

Month 1: aerobic volume, foundational strength
Month 2: aerobic volume, short speed bursts, build strength
Month 3: threshold work, short speed bursts, build strength
Month 4: critical power work, maintain strength
Month 5: race-pace and anaerobic training, explosive power

On the other hand, if I'm targeting a 10-hour race like an Ironman or 50-mile trail ultra, the progression may look something like:

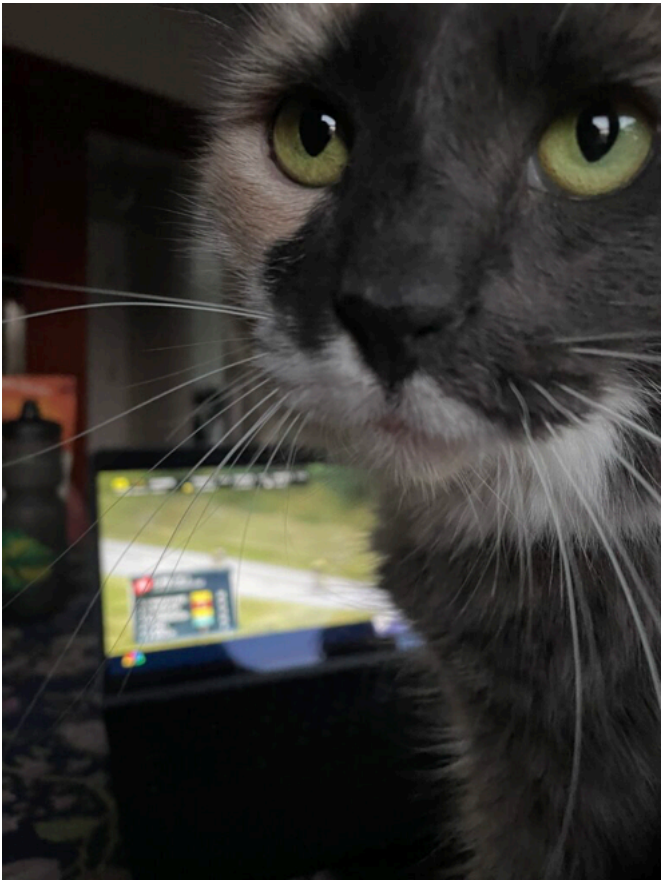
Month 1: aerobic volume, foundational strength
Month 2: aerobic volume, speed work, build strength
Month 3: Vo2max and critical power work, build strength
Month 4: threshold work, maintain strength
Month 5: tempo and steady work, terrain-specific training, maintain strength
Month 6: race-pace, terrain-specific training, maintain strength

Of course you'd want to scatter some of the previous few months' work into the current month so you don't lose all the adaptations, but the emphasis would be on the goal for the month. Also, a good training plan is nothing without a great team culture.

Reply to this newsletter or [email me](#) with questions, and I'll answer one next time! It'll be a coaching snapshot or a recipe, stay tuned :)

Hi from Ramona!

Ramona enjoyed watching the Tour de France (and Tour de France Femmes) with us!



And the Hardrock 100 to cap off the endurance events in July!

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