



This newsletter is brought to you by Sundays in the mountains, celebrating friends, and a nor'easter!
If you enjoy it, I'd be grateful if you could share with one or two others!

The White Mountains!

White Mountain National Forest is located in New Hampshire and home to a number of 4,000+ foot peaks, which is considered high here in the Northeast. A few of the more well-known projects in the area include bagging the official 48 New Hampshire 4kers, hiking the Presidential Traverse route, and doing the Pemigewasset Wilderness ("Pemi") Loop. The Appalachian Trail also goes through the Whites. I like these mountains because they're not at altitude, so though they're tough and technical to climb, I also don't feel like I'm suffocating while doing so.



I wrote poems about each of the mountains we've climbed, all compiled in a [blog post](#). Here are two examples:

North Tripyramid

Naively up the Slide trail
Bare rock slick as playground plastic
To turn around and see the view is also to feel panic
Left foot, right foot
Left hand, right hand.

Garfield

Summit turnoff easy to miss
Like the pretty pond on the
Treacherous descent
Where we meet thru-hikers from Georgia.

[Read all the poems here!](#)

Coaching snapshot: timing endurance with weights!

Should I be doing my lift before or after my run?

I somehow got this question—or a variation on it—a lot over the past month! My main message is: for the majority of athletes, as long as you're getting in weights twice a week, don't sweat the timing. The benefits of weight lifting for bone health, injury reduction, and economy of motion are well-supported.

A [highly-cited 1980 study](#) in healthy but untrained participants found that concurrent endurance and strength training could interfere with strength gains (compared to a strength training-only group) without affecting Vo2 max (aerobic) gains (compared to an endurance training-only group). Some theories behind this "interference effect" are that fatigue may be too high to reap full strength benefits when doing both together and that the [molecular pathways](#) stressed by endurance training and the ones stressed by weight training are antithetical.

A more recent [2021 systematic review and meta-analysis](#) found that concurrent training actually may not interfere much with muscle growth or maximal strength gains, but it could reduce explosive power if the sessions are less than two hours apart. Notably, most of the studies used in this analysis involved healthy recreationally-active individuals rather than athletes doing focused training. In addition, many studies have relatively short intervention timelines -- maybe 4-12 weeks - - but our bodies adapt on far longer timelines!

In practice, I see highly trained athletes mostly doing their strength training on the same day as a harder endurance session. While this may make harder days slightly more taxing, it frees up the easy days to stay truly easy, which is when adaptation happens. I recommend doing the priority session first -- usually that's endurance, so endurance in the morning and weights in the afternoon. As long as a few days a week are truly easy days, you may find a different method works better for you though. There also may be times when you want to do a lift immediately after a hard endurance session, for example if you're looking for muscular endurance gains, or you want to do a lift before endurance, for example if you're looking for maximal power gains.

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 got to meet up with the first family she lived with (we adopted her from them when allergies got too bad 🤧). She's also very excited about the football season.



And she lounged around a lot in this super long rectangular box (with paper) that she loves, while we were away for a day!

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