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From: Coach Marty Gaal <marty@osbmultisport.ccsend.com> on behalf of Coach Marty Gaal <marty@osbmultisport.com>
Sent: Monday, August 24, 2020 9:09 AM
To: marty@osbmultisport.com
Subject: One Step Beyond Coaching Newsletter - March 2017

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The Next Level Newsletter - March 2017 **Volume XIV, Issue II**

Dear Marty,

Uh oh, the spring race season is here! This month's article covers some early season race prep ideas.

In this issue:

2017 One Step Beyond Powerstroke clinic - March 18
The Powerstroke Freestyle technique clinic on March 18 is a 6 hour in-depth swim technique review. We include two lectures covering stroke technique and swim training structure for triathlon and open water racing, in-water practice, and swim filming and film review. Spots remain! USA Triathlon coaches earn 5 CEUs.

Lightning Squad youth triathlon team spring program - starts this Sunday, March 12
We will offer an 8-week spring program from March 12 to May 07, and a 10 week summer/fall program from July 16 to September 24. Each session includes 2 weekly coached practices and ongoing program advice. We'll target local youth triathlons on or near our end date.

See all the details and enroll here.

2017 Open Water Swim Clinics
Open Water Clinics - April through September
Open Water swim workouts - April through September

Preparing to race

If you haven't done a multisport event in several months, you've probably forgotten how involved getting ready for something like this is. The gear, the pre-race rituals, the transitions, and the discomfort. It's time to burn the rust off your race mentality. Here's a quick checklist as you get ready to head out to the race site.

Make sure your race wheels are in good shape, then put them on your bike. Test ride a bit to get used to the feeling.

Clean and lube your chain and bike. A pre-race tune up a week or two prior is usually a good idea.

Make sure your cleats are securely fastened to your bike shoes. If they're worn down, it's time to change them out.

Gather all your gear. Race outfit, race helmet, race number belt, goggles, swim cap, wetsuit (if applicable), speedsuit, racing flats/shoes, bike shoes, sunglasses, sunscreen, chamois cream, body glide, GPS/HR/power monitor, pre-race and race nutrition, and whatever else you might need. Pack it up the night before and put it in the car you plan to drive to the race!

Arrive at the race site with enough time to pick up your packet, set up your transition area, and warm up adequately. You want to spend at least 10 minutes on the bike, a few minutes running and a few minutes swimming so you are not going into the race cold.

If you'll be swimming in open water, definitely get in and used to the cold temps so you don't seize up in the first couple hundred meters.

If you use a power meter, consider changing out the battery before you go. This is a simple procedure.

Run through your mental checklist before the start. What are your steps for transitions? If it's cold, do you put on a few layers or are you ready to get chilly? Don't make these decisions during the transition itself.

Get ready for some discomfort. Hopefully, you've done a few race-pace workouts and threshold interval workouts, so the race pace doesn't come as a complete shock. If you haven't, then ease into the race and view it as your first hard session of the season.

Have some fun. For most of us, the first race of the season is not also our big 'A' race. We can be a little off. Use a local event or two as a way to get back into a serious racing mindset.

Be sure to cool down after. You can log a few extra miles and this allows your body to clear out metabolic waste/breakdown.

Refuel. The window of opportunity for optimal refueling is really within 30 minutes of finishing. Plan for this and get some food in.

Take it easy for the rest of the day. Don't do your major landscape redesign that afternoon!

Marty Gaal, NSCA CSCS, is a USA Triathlon coach. He has been working with endurance athletes since 2002 and is the co-founder of One Step Beyond. He usually shows up ten minutes before the start, looking confused.

Recent OSB athlete results

Lindsee McPhail 11th OA at Umstead Marathon
Laurie O'Connor 15th OA at Umstead Marathon
Tom Lehr 2nd AG at the Northeast Park duathlon
Laurie O'Connor 19th OA female at the Uwharrie Mountain Run 20 miler
Tom Lehr 13th OA male at the Uwharrie Mountain Run 8 miler

New OSB Coach Sara Larson

We're happy to welcome Sara Larson as an OSB assistant coach! Here's a little bit about Sara, from Sara:

"I am a USA Triathlon certified coach, USAT Youth and Juniors coach, and an Ironman Certified Coach. I am also a USA Track and Field certified coach. I have 8 years experience coaching Track and Cross Country and 3 years experience coaching Triathlon for ages 6-adults. I am currently the Head Coach for Trinity School Varsity Cross Country and Track and Field and the Assistant Coach for Trinity Varsity Swimming.

I enjoy introducing athletes to the sport of triathlon and being a part of their journey of finding and developing a new passion in life. My goal as a coach is to teach my athletes the tools they will need to be active for their lifetime and to provide the physical and mental training they will need to achieve their sports goals.

I was born and raised in Columbia, SC. I was a State Champion in the 800 and 1600 in High School and I ran Track and Cross Country for the University of South Carolina. I started cross training in 2010 due to a tibial stress fracture and decided to compete in Triathlon that year. I fell
in love with the sport and have been on the Elite Triangle Triathlon Team since 2012. I have been a USAT All American each year since 2013 and have competed in multiple half ironman and full ironman races as well as many local sprint and olympic distance triathlons.

Notable finishes include: Team All American qualification at USAT Olympic Distance in 2013. USAT National Champion (1st AG) at the Long Course Championship Race in 2013. 5:03 half ironman time with a 1:36 half marathon time at Ironman World Championship for 70.3 in 2014. 4th Female OA at B2B full ironman 2014, and 9th OA female at Ironman NC in 2016 both of these with Boston Qualifying times of 3:41 and 3:43 for the marathon portion of the race.

Outside of triathlon, I am a wife to Tom and mom to Taylor (14), Sydney (12) and Jack (10). I enjoy playing the guitar, attending church with my family, puzzles, reading, and playing cards with my kids."

You'll see Sara at a lot of the NC races and OSB training sessions!

OSB coaching programs

One Step Beyond offers customized individual endurance training programs to triathletes, runners, and swimmers throughout the year. Our most popular ongoing program is called Basic Steps coaching.

If you want a great schedule but don't feel the need for extensive interaction during the training cycle, this is the plan for you. Our coaches will create a professional training plan designed around your specific goals and constraints, with adjustments along the way as needed. We use heart rate, power, and perceived exertion targets as appropriate.

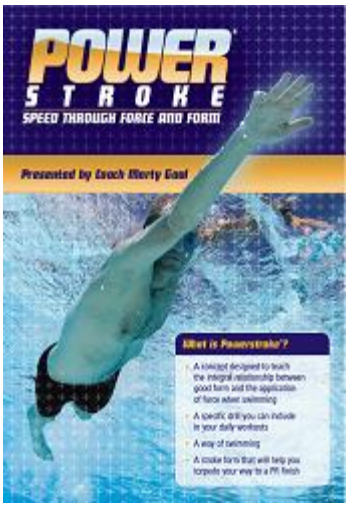
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- Annual Training Plan
- A weekly schedule with specific daily workouts
- Weekly group training sessions
- Ongoing email support for all questions (client initiated)
- Ongoing phone support (<15 minute type conversations)
- Race day pacing and nutrition advice
- Necessary adjustments of your schedule
- Regular feedback from your coach
- 20% discount on additional personal training and consulting sessions
- A premium Trainingpeaks training account

Powerstroke: Speed through force and form DVD

Powerstroke® is Coach Marty Gaal's method for teaching competitive freestyle swimming technique to adult triathletes and open water racers. The Powerstroke® DVD was specifically developed for adult swimmers looking to improve their swim speed in triathlon, open water racing, and distance pool events.



Powerstroke® is:

- A concept designed to teach the integral relationship between good form and the application of force when swimming
- A specific drill you can include in your daily workouts
- A stroke form that will help you torpedo your way to a PR finish
- A way of swimming

The Powerstroke®: Speed through force and form DVD includes:

- 40 minute lecture: What is Powerstroke?
- 25 minute general freestyle swim technique analysis: The three types of freestyle stroke mechanics and how to progress to the strongest: High elbow catch / early vertical forearm
- 25 minute Powerstroke freestyle swimming technique in-depth explanation
- 1 hour of seven key drills and detailed descriptions
- 4 minute stretching and dryland exercise video

Purchase your copy here!

Premade training plans

OSB premade training programs are for athletes who would like to follow a well made training plan, but don't require ongoing coaching. These plans can be set so they can end on the day of your A race and include a free TrainingPeaks account.

One Step Beyond currently offers:
Intermediate 16 week Half-Ironman 70.3 Triathlon Training Plan - $79.99

Intermediate 16 week Olympic distance triathlon training plan - $69.95
Intermediate 10 week Olympic distance triathlon training plan - $59.95

Beginner 16 week Olympic distance triathlon training plan - $69.95
Beginner 10 week Olympic distance triathlon training plan - 49.95

Intermediate 10 week sprint triathlon training plan - $59.95
Beginner 16 week sprint triathlon triathlon training plan - $69.95

Beginner 10k run in 10 weeks training program - $44.99

You can review and purchase any of our plans, hosted on the TrainingPeaks platform here.

Bike workout of the month

This month's bike workout is focused on lactate threshold (VT, FTP) development.

Warm up:
20-30 minutes easy (could be longer) - build to 65-70% of FTP or low-mid Z2 by the end
3 x :20-30 hard 105-120% FTP or Z5a-b / 1:30-1:40 easy
5 minute easy

Main set:
3 or 4 x through the following
3 minute Z3-4 or 80-95% of FTP / 2 minute easy
2 minute Z4 or 90-100% FTP / 1 minute easy
1 to 1:30 minute Z5a or 101-107% FTP / 1 to 1:30 easy

Cool down:
10-20 minute easy/comfortable to the finish

Advanced athletes could extend each interval by a minute or add 2-3 additional 1-1:30 minute intervals on each round. Newer or out of shape athletes should veer towards the lower end of effort.

2017 Triangle Open Water Swim Series

The 2017 Triangle Open Water Mile Swim Series dates:

Sunday, May 07 - Jordan Lake Open Water Challenge 1.2 and 2.4 milers
Saturday, July 22 - Little Uno and the Big Deuce 1 and 2 milers
Sunday, October 15 - Hurricane Championship Swim 1.2 and 2.4 milers

Registration is now open. Visit www.fsseries.com to sign up today!

The Triangle Open Water Mile Swim Series is brought to you by One Step Beyond and FS Series.

Our Sponsors

Thanks to the following organizations, that provide service and support to One Step Beyond athletes.

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Frank Rexford - Guaranteed Rate

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www.frankrexford.com

Whether you are purchasing a new home, refinancing your mortgage, or simply considering a home improvement project, I have the experience to help you find a loan that is right for you. And I will take the time to provide clear explanations along the way, so that you will be confident as you make choices about the many financing options available.

My business is referral-based, with nearly 100% of my business coming from satisfied clients, trusted financial advisors and some of the most experienced realtors in the Triangle. I hope to earn your business by not only offering competitive rates and fees, but also by providing exceptional client service. Purchasing or refinancing a home can be stressful, and so my team and I will work hard to carefully guide you to a smooth closing.

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Clean Jordan Lake

Clean Jordan Lake is a grassroots nonprofit founded in 2009. Their stated mission is to restore Jordan Lake to a healthy and vibrant aquatic resource by removing trash from the shoreline and preventing its recurrence.

www.cleanjordanlake.org

VISIT OSB ONLINE

Sincerely,

Marty, Bri, and Daniel
One Step Beyond

SUBSCRIBE TO LIST **FORWARD EMAIL**

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