



Greetings and welcome to the Next Level Newsletter, Volume III, Issue XII. Another year has come and gone. We hope your next will be even better than the last!

Straight to athlete news:

- Lisa Jefferson runs her first marathon under goal pace at the Las Vegas Marathon
- Chris Scott PRs at the OUC Half-Marathon
- Kathy Larkin has fun at the Jingle Bell 10k
- Torry Armor takes 2nd AG at the Deland Annual Thanksgiving Day 10 Miler
- Bri Gaal takes 3rd female at the St. Michael's 5k at Bond Park, and 1st AG at the Inside-Out Sports 8k Turkey Trot
- Coach Marty takes 2nd AG at the Inside-Out Sports 8k Turkey Trot
- Lots of athletes lying around eating pizza and ice cream

Training Tips - Mental Training

Athletic performance is not just about physical prowess. You need to have the mental game as well. Some of the best athletes in the world aren't the most talented – they're the most determined. Achieving athletic goals are much easier when your mind and spirit are in the right place. Here are a few tried and true tips to keep yourself on your mental toes.

Constant Reminders

One of the most effective psychological practices to achieve a goal is a constant reminder of that goal. For example, let's say your goal is to finish your next Ironman under 11 hours. Write "11:00" on a piece of paper and tape it up in on your bathroom mirror. Every morning, you'll be reminded of your goal. You'll have to face yourself when thinking about it. Only you can do the work necessary to achieve that goal.

Positive Affirmation

Create positive energy by telling yourself you can do things. Ask, "How can I?" rather than say "I can't." Focus on all the positive aspects of a situation. Remind yourself of all the skills you are a master of, and all the talents you do have. If you have a hard workout coming up, view it as a great challenge rather than a tedious chore.

Mental Toughness

If a training session is going wrong, work on your mental game. Tell yourself how tough you are, and how you can overcome this temporary physical discomfort. Get into the habit of being uncomfortable and pressing your boundaries. If you really want to achieve some break-through performances, you will need to push yourself in training – physically *and mentally*.

Positive People

It's true – surrounding yourself with positive people who support your goals will make you a happier, less-stressed person. Avoid folks who cloud the path to your goal.

Some people are unable to look on the bright side. Don't try to change them. Just avoid them.

Visualization

It's very helpful to take a few minutes each day and see yourself achieving your goal. Run through every part of a race. See how you'll respond in different situations. Envision possible scenarios. Always see yourself coming out on top, whatever obstacle is thrown in your way. Finish each visualization session with a run-through of your most positive scenario, from beginning to end. Always see success. Seeing it will make it that much easier to achieve it.

Reward Yourself

When you find yourself sticking to your plan, being positive, and meeting your interim milestones, be good to yourself! Do something fun. Go for a dinner with your friends or loved ones. Buy yourself a treat. Every highly motivated person needs let the steam out once in a while.

Small Steps

The name of this company is One Step Beyond. That's because I believe any achievement is a series of incremental steps. No winner ever arrived at the finish line without a long, long journey prior to starting. Your goal, whatever it may be, will only be achieved one step at a time. Exist in the moment. While it's great to step back and see the big picture, your actions right now are what make big things happen. What are you doing right now to achieve your goal? Only by taking action – through training, lifestyle, diet, recovery, and planning – will you arrive at the finish line knowing you took your performance *one step beyond*.

Melissa Hall's Training Tips – The Multi-faceted Role of Massage in Training

This is the third and final installment in a three part series on massage:

Timing

So, now you know what massage can do for you. But, when should you schedule a massage? The first thing you should know is that the effects of massage are cumulative. So, if you wait too long between massages, they will not have a progressive effect on one another. The power of each massage will have to stand alone. This is not to say that one massage session cannot have significant effects on you, but you should not expect it to cure all that ails you, especially if you have had the problem for some time.

I recommend that athletes get a massage *before* their competition or long run. The reason is two fold: first, I want them to have the best performance possible and second, I want their tissue in optimal condition to reduce the risk of injury. Many people like to come *after* their event to relieve soreness. Massage can definitely help with that. And, optimally, if you have the time and budget for both, that is the best option. But, if you are like most, you must choose. There are numerous things that can be done after the event to reduce soreness, but nothing can prepare you for the event like a massage. So, I recommend the *before* massage.

Optimally, if you are training regularly for an event, you should seek a massage once every other week for maintenance and injury prevention. If you are seeking an ambitious goal, such as first place in your age group or qualifying for the Boston Marathon, you may choose to seek massage even more often than that. Pushing your body to the limit six or seven days a week will require you to pay back in kind with massage lest you fall victim to an injury or an ugly overtraining incident. If you are training to stay in shape or just because you are in love with the sport, you may wish to

seek massage once every three weeks to a month. If you receive massage on any time scale outside the once a month time frame, just be aware that the condition of your body wasn't built overnight. It is a culmination of hours and hours of training. So, one hour of massage is not going to undo all that which you strived to incorporate...

To read the full article, please [click here!](#)

[Part 1](#)

[Part 2](#)

Weight Maintenance Over the Holidays

By Jennifer Patzkowsky, MS, RD/LDN

Holidays are a difficult time to maintain weight, even for athletes. Typically this time of year is the off-season so your training intensity and volume have decreased tremendously. One of the biggest mistakes that endurance athletes make is not decreasing the amount of food that they eat during this transition cycle. You can easily prevent unwanted weight gain by following these guidelines.

- **Portion Control.** Cut back on your portion sizes. Instead of having a 6 oz salmon steak, have 4 oz. Measure out your portions measuring cups and spoons and food scales. If you are eating out, have the waitress bring you a to-go box immediately after the meal is ordered. Set aside half for lunch tomorrow.
- **Practice Volume Eating.** Eat less of high calorie dense foods (meats, cheese, processed foods) and more of low calorie dense foods (fruits and vegetables). Divide your plate into sections. Fill ¼ with lean protein (lean chicken, turkey, or fish) and ¼ with starch (whole grain pasta, rice or starchy vegetables like potatoes) and ½ with vegetables (focus on color: red bell peppers, carrots, broccoli).
- **Have a plan for holiday parties.** Never arrive at a party hungry. Eat a small snack such as an apple before your arrival. Fill up your plate with more vegetables and fruits and less baked goods and fried appetizers. Take control of your environment. Don't camp out by the food tables. Keep your hands busy with a napkin in one hand and your purse in the other. Focus on the people, not the food. Make a point to socialize with everyone at the party. But do allow yourself a few indulgences and get back on track the next day.

The off-season is a great time to re-focus and prepare for the next training season, but it is also infamous for adding unnecessary pounds. Don't let the holidays ruin all of the hard work you did to get to your current weight and physical condition. Pay attention to not only what you eat, but the quantity that you eat.

Jennifer Patzkowsky, MS, RD/LDN, is a competitive endurance athlete who provides nutritional counseling and meal planning to athletes and people interested in improving their health/fitness. For more information on her services, please contact her at (863) 513-2635 or floridardld@hotmail.com.

OSB Forums

We're becoming more sophisticated! Join our [flame-free discussion forum](#) here. All athletes are welcome.

OSB Powerstroke Triathlon Swim Clinic, Clermont, FL - January 13, 2007

We're hosting our fourth Powerstroke Triathlon clinic on Sunday, January 13, 2007 at the National Training Center in Clermont, FL. This seven hour clinic will include group

practice with the principles of Powerstroke, running form and drills, and cycling skills. We will also host three lectures on subjects related to training and racing. Attendance is limited to twenty athletes. Price: \$85 for return attendees and OSB clients, \$95 otherwise. [Click here for all the details!](#)

OSB-BodyZen Spring Break Training Camp, Clermont, FL - March 9-11, 2007

We're once again teaming up with [BodyZen Multi Sport](#) to host the 2007 Spring Break Training Camp in Clermont, FL! Join us from March 9 to March 11 for three days of fun, training, and racing, with five certified coaches on hand. OSB is also offering six spots for a two-day supplement prior to the camp for those of you looking for a longer training vacation. The camp will conclude with Florida's Great Escape Triathlon at Lake Louisa State Park in Clermont, FL. [Please click here](#) for all the details!

OSB-Runner's High 'n Tri Triathlon Camp, Chicago, IL - April 23-24, 2007

We're happy to announce this one! OSB is teaming up with the crew at Runner's High 'n Tri, a running and triathlon store in the greater Chicago area, to offer a two-day camp offering group training and classroom based discussions. [Please read about this one here!](#)

Florida's Great Escape Triathlon Training Program

One Step Beyond is the official provider of training programs designed specifically for the Florida's Great Escape Triathlon on March 11, 2007. The program kicked off on December 4 and costs \$120 total, or can be pro-rated at \$10 per week. [Please click here for all the details.](#)

Ready for coaching in 2007?

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Assistant Coach Melissa Hall](#)

[Assistant Coach Brianne Gaal](#)

Elite Triangle Triathlon Team

Coaches Bri and Marty Gaal have been selected to be on this excellent team with a great group of athletes, based out of the Triangle (Raleigh-Durham-Chapel Hill) Area of North Carolina. One Step Beyond is also proud to sign on as a team sponsor. [Check out the website](#) to follow along with ETTT happenings throughout the year. The team has sponsorship opportunities remaining.

Thanks for reading and we hope you have a terrific holiday season! We'll see you next year,

Enjoy your sport,

Marty Gaal

One Step Beyond

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