



Greetings and welcome to the Next Level Newsletter, Volume III, Issue I.
Going global, baby!

Straight to athlete news:

- Mike Jenkins pounds the DeLeon Half-Marathon, taking 3rd AG and netting a big PR
- Mike Napoli crushes the Disney Marathon, dropping 30 minutes from his PR and breaking 4 hours
- Shelly Laughlin takes 1st AG at the Tradewinds Park Duathlon
- Leslie Rigüero takes 2nd AG at the Tradewinds Park Duathlon

Trippin06 update:

Our first stop was Hong Kong, where we spent four days in the Causeway Bay area, exploring just a few bits of what this unique city-state has to offer. We're currently in the Philippines, on the island of Negros Oriental. We are staying in the barrio Valencia outside of Dumaguete City. It is also a very interesting place, I am wishing for a mountain bike here, it would be excellent. I could write several pages about these two places alone. You can read all about our [daily adventures here](#).

Training tips:

Training while traveling

One of our challenges so far has been training while traveling. As many of you know, it is difficult to get in any sort of serious training while on a trip. But if you have the will, you can find a way. My personal choice is to get up early and get something done in the AM. We don't have access to bike trainers or mountain bikes right now, so that is not an option. We've been doing laps in the 13 meter pool nearby, and running 2 out of every 3 days. We also have Yoga and Pilates DVDs, and I have a couple strength training routines that can be done in 20 minutes with just bodyweight resistance and/or elastic bands.

While it is not hardcore triathlon training, it will keep us going. When traveling or on vacation, that is sometimes going to have to be good enough. If you manage to convince the spouse to allow you to leave the kids at home and bring your bike...even better.

That's a joke, spouses! (Well...maybe.)

Running drills

I occasionally get some funny looks when I suggest running drills on a weekly basis. Some serious runners don't feel drills have any real benefit; they prefer more miles. That may work – if you don't get injured. I prefer to include drills

to work on specific strength, form improvement, and running economy (overall efficiency – how much energy you expend to move at X speed). It's called neuromuscular conditioning. Some of you are familiar with martial arts – you know how ingrained moves become for experts. The same principle applies with regard to running drills. High knee drills helps you learn to drive from the knee and leg turnover. Strides help with leg turnover. Skips / bounding help with stride length and push-off. There are plenty more. A few [are described here](#).

Picture of the week: Siquijor, Philippines



Interesting race you may not have known about:

I am going to start including some info on an athletic endurance event you might want to make a destination event some day. This month: The [Hong Kong Marathon](#) (February 12). Apparently they shut down the smog factories for a few hours. Check it out.

OSB Short Course Triathlon Camp

We will be hosting a short-course specific training camp the weekend of June 2-4 at the National Training Center in Clermont, FL. The camp will include daily coach-led group training, individual swim video analysis, Powerstroke swim practice, and conclude with your choice of a sprint or Olympic distance race. [Click here for all the details](#).

That's all for now, more next month!

Enjoy your sport,
Marty Gaal

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