



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue VI.

Straight to OSB athlete news:

- Coach Bri Gaal takes 1st OA at the Kure Beach Double Sprint Tri
- Macall Dyer takes 12th AG in her first Ironman at Coeur d'Alene
- Coach Melissa Hall and Dave Ertel conquer the 47 mile Test of Metal Mountain Bike Race
- Brian Fitzsimmons PRs by 40 minutes at the Eagleman 70.3
- Sue Sotir takes 3rd AG at the Hyannis Sprint Triathlon
- Jennifer Patzkowsky and Lamar Standish take 1st Coed Team at the Fort Desoto Team Adventure Run
- Danny Wardeh takes 2nd AG at the Pineapple Man Triathlon
- Ken Mantei takes 4th OA at the Seahorse Sprint Triathlon
- Jamie Doyle takes 3rd AG at the Pineapple Man Triathlon
- Macall Dyer takes 6th OA, 1st AG at the Dunedin Duathlon
- Chad Rucks takes 3rd Clyde at the Mach Tenn Triathlon
- Coaches Bri and Marty both nab 2nd OA at the Over the Mountain Triathlon
- Brian Fitzsimmons takes 2nd AG at the 23rd annual Queens Biathlon
- Ken Mantei takes 3rd overall at the May Madness Sprint Triathlon
- Jamie Lynch and Trung Lively conquer Ironman Lanzarote
- Jamie Doyle takes 2nd AG at the Deerfield Beach Zepher Sprint Triathlon
- Michelle Harwood takes 1st AG at the Emerald Coast Sprint Triathlon

Powerstroke Triathlon Clinic – June 16, FITniche, Lakeland, FL

Our Powerstroke clinic went very well! Thirteen athletes from around Central Florida joined us for a full day of training tips and technique drills. Thanks again to FITniche owner Rich Wills for providing FITniche as a classroom and staging area.

OSB Athlete and professional photographer Lamar Standish of [Apollo Imaging](#) was on hand to take some excellent pictures in the pool. Check it out!



Training Tips – Appropriate Pacing in Training

[Coach Marty Gaal](#)

A common mistake many athletes make is training at an intensity that is inappropriate for that athlete's goals. I've seen several themes over the years:

- Going too hard on days that are supposed to be easy – tempo or threshold pace on what's supposed to be a recovery day
- Inability to maintain even pacing on VO2max, anaerobic threshold, or tempo interval workouts (starting too fast)
- Ironman-focused athletes spending too much time going too hard
- Allowing a group with different goals to dictate *your* pace

If it happens rarely, any of these mistakes by itself is not a big problem. However, if it is a constant theme, it's a guarantee that this athlete will not develop their full potential. You may know them – someone who's always in good shape, but never seems to become any faster or slower. Or someone who goes from good shape, to injured, and back again.

If you have high aspirations and want to become the best you can be, it is critical that you learn to pace things appropriately, take your recovery days seriously, and dial in your training efforts. It's that simple.

There are a couple tools that can really help athletes understand appropriate pacing in training and racing. The first is a simple heart rate monitor and lactate threshold test. Wear the monitor and then conduct a time trial on the bike or run. Warm up about 20-30 minutes with a couple of hard accelerations. Spin or jog easy for a bit and then hold your hardest consistent effort for 30 minutes. It's important to build into this (don't go so hard at the beginning that you have to ease off later). The average of the last 20 minutes will be very close to your lactate threshold heart rate (LTHR). Advanced athletes may need to subtract a few beats from this average due to their ability to 'suffer' and withstand lactate buildup.

The Triathlete's Training Bible by Joe Friel has charts that will establish the appropriate training zones based off of your threshold heart rate. You can also very accurately determine your LT through blood lactate analysis in a lab. The test usually costs between \$75 to \$150.

I personally like to use a 5k or 10k running race to establish both LTHR and run training paces based off of Jack Daniels VDOT method. A 5k will usually yield an HR average that is 5-10 beats higher than threshold; a 10k will be very close to threshold. You can read a summary of Daniels' thoughts on run training and VDOT [here](#).

Another useful tool for the bike is a power meter. This time you will need to warm up adequately, then conduct a one hour (or 40k for you fast folks) time trial. Your average power output for this one hour test is your functional threshold (FT). Dr. Andrew Coggan has been a pioneer in power-based training, and a summary of his thoughts and recommended training power levels can be [found here](#).

You can also find a cross-reference chart of a variety of different training paces and terms [here](#). This chart includes approximate perceived exertion levels and percentage of maximum heart rate at the different training levels for those of you who want to hold out and do everything the old fashioned way. ☺

Now that you know your LT or FT, how do you train properly? That depends quite a bit on your specific race goals. A *very short* answer: After your early base season training is complete, schedule one to three key workouts in each sport each week that stress both your aerobic and anaerobic systems (duration, intensity, & frequency depend on your experience, age, goals, and ability to recover). Stressful aerobic workouts will be at LTHR minus 15-20 beats or 65-75% of FT; stressful anaerobic workouts will be at LT +/- a few beats, or 95-120% of FT. Most other sessions should be somewhere between 'easy' and 'steady' pacing (Z1-Z2 heart rate, or less than 70% of FT).

For more on training pace recommendations, please visit the articles section of our website. I'll address appropriate swim pacing in a separate article!

Training Tips – Try Something New

[Coach Brianne Gaal](#)

This past weekend Marty and I did a race like none we had done before. It was called the Kure Beach Double Sprint and it went like this: 375meter swim – 1.5mile run – 12mile bike – 1.5mile run – 375meter swim. It was crazy and it hurt A LOT – but it was so much fun.

We didn't target this race in our training. In fact, I looked at this race as a good training day (kind of like the ultimate broken-brick). Running out of the swim and immediately into a short run was difficult. Running down the beach barefoot on soft sand to begin the second swim all the while trying to get my swim cap back on my head was something I had never experienced.

We had such a blast out there and I realized how important it is to spice things up during the season. Most of us have 'A' race goals, but it can also be good to go out there and do something you wouldn't normally do – it keeps training, racing and your whole perspective on the sport a lot more fun.

Season in and season out some of us do almost all the same races each year. In the future, think about signing up for a race you'd never thought about doing – an adventure race, a super sprint, a trail run; get some coworkers who don't compete and form a relay for a local triathlon. Perhaps just choose a destination race, somewhere you've never been but always wanted to go. Anything that is different than what you have done before! I'm glad we did this crazy race this past weekend – it got me out of my comfort zone and made me try something new. I highly recommend it.

Pass the Salt Shaker: Athletes and Salt.

By Jennifer Patzkowsky

After a workout do you sweat so much that you end up crusted with salt? Are you worried about hyponatremia (low blood sodium)? Clearly, endurance athletes need more sodium in their diet because they lose more sodium in their sweat. However, the amount you lose depends on:

How much salt you sweat. Some athletes have saltier sweat than others. Salty sweaters tend to develop a crust of salt on their skin after a hard workout. Other athletes, in comparison, have a low sodium content in their sweat -- and no white salt stains on their skin or exercise clothing.

How much you sweat. Athletes who sweat heavily lose more sodium than light sweaters. The amount of sodium in sweat averages about 500 mg sodium/lb sweat (and ranges from 220 to 1,100 mg) If you lose two pounds of sweat per hour for four hours of intense biking,

tennis, football practices, etc., your sodium losses become significant (4,000 mg). You should eat salty foods to replace the losses.

How much you exercise in the heat. If you aren't used to exercising in heat, you may lose 1,100 mg sodium/lb of sweat. But if you're acclimatized, you may lose only 300 mg. If you are exercising in the heat for more than 4 hours, you need to take in about 250-500 mg of sodium per hour. This equates to 20-40 oz of Gatorade. You do not need to replace all of your sodium losses, but simply need to consume enough sodium to prevent sodium levels from dropping too low.

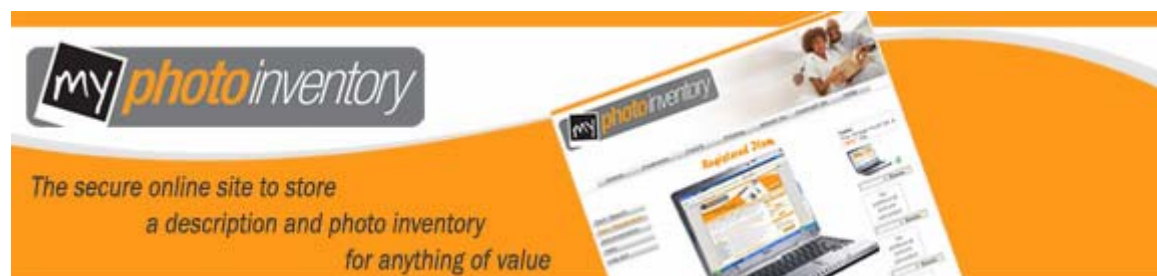
What about **hyponatremia**? This dangerous condition results when the sodium concentration of the blood falls too low due to prolonged sweating combined with excessive fluid consumption. Symptoms include dizziness, muscle cramping, confusion, and stomach bloating. Severe cases can lead to seizure, coma and even death. Because hyponatremia is characterized by low salt concentration in the blood, some experts advocate consuming extra salt during exercise as a way to prevent it. However, the primary cause of hyponatremia is not consuming too little salt, but is rather drinking too much water. Therefore the best way to avoid hyponatremia is not to consume more salt, but to drink less water and more sports drink during training instead.

How much sodium do you need? U.S. Dietary Guidelines recommend no more than 2,400 mg sodium/day. Athletes need to consume more than this amount to replace their losses through sweat. However, most Americans easily consume 3,000 to 5,000 mg daily, mostly through processed foods (spaghetti sauce: 600 mg/half-cup, cold cereal: 250-350 mg/serving). In general, you can replace your sodium sweat losses with the salt or sodium in your daily diet and by consuming a sports drink with adequate sodium. Athletes who are extreme sweaters probably do need more sodium in their daily diet, particularly if they live in hot climates.

Please check with your MD if you have hypertension disorder before increasing your daily sodium intake.

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.

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Ready for coaching in 2007?

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[Coach Brianne Gaal](#)

That's all for this round, see you at the races!

Enjoy your sport,

Marty Gaal

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