



Welcome to the Next Level Newsletter, Volume III Issue III, brought to you from a sunny day on the east coast of Australia!

Straight to athlete news:

- Jeff Brady qualifies for the Escape from Alcatraz Triathlon
- Candice Pulliam finishes her first marathon at the Gasparilla Marathon - Special thanks to Mike Napoli on pacesetting duties - while Debbie Darr breaks 4 hours
- Michael Jenkins PRs by 19 minutes at the Gasparilla Marathon
- Hulya Atli takes 5th OA and 1st AG at the Outback 12k
- Jamie Doyle PRs by 45 seconds at the Run Around the Pines 5k
- Bill Coletti finishes his first marathon at Myrtle Beach
- Matt Thibodeau takes 7th OA at the Tipperary Hill Shamrock Run
- Coach Marty takes 3rd AG at the Port Stephens Triathlon

Tour of Tasmania

Some of you are aware that Bri and I joined forces with Gordo and Monica Byrn to tackle a 10-day training tour of Tasmania. Tasmania (a state of Australia) is much like New Zealand in that it is fairly rugged terrain with wide open land spaces (and lots of sheep). It is a beautiful island off the southeastern coast of the mainland. The company that helped us organize is [Island Cycle Tours](#), they did a nice job.

We had a great time and put in quite a bit of training, while stopping to smell the roses and see the sights. Gordo and Monica are two of the fastest Ironman athletes around ([Gordo](#) co-authored *Going Long*), and it was both entertaining and educational to train and hang out with them for a few days.

Some of the highlights included a hike over the Hazards (a small mountain range) in Coles Bay, a run through a gorge in Launceston, a trip to the Tasmanian Devil Research Park, a 3,000 foot climb up the Western Tiers, and a run around Cradle Mountain. We also ate more food than a pack of starving hyenas. You can see some of the pictures [here](#).

If you ever have a chance, I highly recommend checking Tasmania out.

Picture of the month: Cradle Mountain, Tasmania, Australia



OSB Short Course Training Camp:

Join the One Step Beyond team for a weekend training camp focused on short course training techniques. Camp will run from Friday, June 2nd through Sunday, June 4 based out of the National Training Center in Clermont, FL. We will conclude with your choice of a sprint or Olympic-distance triathlon. Camp will be led by Coach Marty (3rd overall at 2003 USAT AG Nationals) and Assistant Coach Marc Bonnet-Eymard (2005 AG World Champ). [Click here](#) for all the details.

Nutrition ideas:

We're bombarded daily with different diets and new recommendations from nutrition experts around the globe. Wading through the mess of conflicting information can be a real headache. While I don't prescribe to any one particular diet, there are a number of commonalities with many sensible diets that I can provide you with.

Eat for fuel. As an athlete, we all need nutrients and energy in order to perform at our best. For most triathletes, this means eating quite a bit. There are two components that determine your calorie needs. First is your basal metabolism rate (BMR) – how many calories you need just to go through your daily life. This is determined by age (less as you grow older) and muscle mass (relative to total weight). It is also affected a bit by environment (living in hot climates raises it a bit). The second component is activity level. If you swim, bike, and run a lot, you will need a few more calories. [Here is a good chart](#) of calories burned per hour of activity (I'm not affiliated with the site, found it on the 'net).

Now, how do you meet those caloric needs? Fast food and pre-packaged foods are not the answer! Fast food and pre-packaged, processed foods are typically high in fat and salt.

While we require both, we don't need it in the type of quantities you find in these foods. Take a look at the salt content of your sliced sandwich meat some day. Kind of high, don't you think? Fast food and processed food have also been leached of essential vitamins and minerals (nutrients). These foods are full of 'empty' calories.

What most sensible diets have in common is that fresh fruits, vegetables, and lean meats should comprise the backbone of your diet. Fruits and vegetables have most of the vitamins and minerals we need, are made of carbohydrate (which fuels our muscles) and fiber (which helps our waste removal system), while meat has the branch chain amino acids and protein required to rebuild muscle. Complex carbohydrates like whole wheat bread & pasta, or granola/muesli - low glycemic index (GI) foods - are good sources for regular carbs. Eggs are good sources of both carbohydrates and protein (you should remove some of the yolks due to high cholesterol if you eat a lot of eggs). Fruit smoothies with whey protein are easy to make and great post-workout meals.

Cheese and dairy should be used more sparingly. As much as I like a greasy New York style pizza, you are better off making your own at home with lots of veggies and going light on the cheese.

We also require fat in our diets to keep many of our organs functioning properly. One of the best sources for fat is nuts. Olive oil is also pretty good. Fat should be included in most meals in sparing amounts. *Unsaturated* fat is the healthy fat.

My current favorite food is spinach. You can use fresh spinach in eggs, on your sandwich, and in virtually any dinner. [Read a little about it here](#) (another site I'm not affiliated with). Popeye knew what he was doing.

I don't have time to cook.

Many of us are pressed for time and want to get the most out of our day. Spending an hour or two in the kitchen doesn't quite appeal. But as an athlete looking to maximize your performance, you must consider diet as important as your daily training. There are some easy ways to prepare healthy meals without burning a whole lot of time.

General:

- Get your shopping done on Saturday or Sunday.
- Chop up fresh fruits and veggies on Sunday for use in your meals throughout the week.
- Cook lean meats on Sunday for use throughout the week.
- Trade duties (cooking, cleaning, shopping) with your spouse/partner throughout the week.
- Hire help to cook, shop, and clean if you can afford and justify it.

Breakfast:

- A bowl of muesli or granola with some fruit and honey and low-fat yogurt or skim milk takes about five minutes to make.
- Scrambled eggs with chopped veggies takes seven minutes (I timed it this morning).

If you don't have five or ten spare minutes to prepare some healthy food each day, then you need to work on your time management skills, plain and simple.

Lunch and dinner:

- Pack your lunch the night before (unless you work at home).
- Good side dishes include whole fruit, low-fat yogurt, nuts, granola bars, and fruit smoothies/protein drinks.
- Avoid simple sugars like soda, candy, or ice cream.
- Avoid fried foods like French fries, chips, or fried chicken/fried fish.
- If you want to fry something, use extra virgin olive oil.

Can you see a theme here? If you prepare your meals on Sunday, you should be good through Wednesday. Defrosting or heating up food takes about five minutes. It is a small price to pay.

In the long run, you will thank yourself for getting in the habit of eating healthy and at home. It is cheaper and better for you than eating out.

Most importantly, as an athlete, a good diet will help you feel better and race faster.

Ironman Training Fatigue

It's a common occurrence of Ironman athletes – training fatigue. You start to dread the weekend long ride. You always feel a bit tired. You're getting cranky. And that's before your healthy breakfast! ;-)

Training for an Ironman event is a serious commitment and requires extreme dedication. When combined with our duties as employees and employers, parents and spouses, it can become a very stressful time. This is why it is important to stay on top of your nutrition, rest and total stress levels. Prioritize your lives. No one will tell you it's easy.

Be sure to understand your key workouts. Go easy on easy days. Use recovery days for just that – recovery. Remain aware that the key to Ironman success lies in the preparation you do 16- 12- and 8- weeks out (not to mention what you did the year before). Understand the phase of training you're in. If you follow a periodized approach, base 3 will be your highest volume period. That's 10-12 weeks out from the race! Going for your first long ride with four weeks to go is what we in the coaching business call sub-optimal preparation.

If you have been burning the candle at both ends, and are close to cracking or burning out, take a couple easy days and recoup. Revitalize. Go to a movie. Have a couple drinks with friends.

But don't miss your key sessions unless you absolutely must.

Don't forget to have fun. That's why you got into this in the first place! Training with other fun-loving athletes is always a good way to remember what this sport is all about.

That's all for this version, until next time!

Enjoy your sport,

Marty Gaal

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