



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue V. It's nearly summer!

**Straight to OSB athlete news:**

- 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
- Macall Dyer takes 2nd AG and 9th OA female at the Sarasota Sharks Classic Olympic Distance Triathlon
- Mark Procheska takes 5th AG and 12th OA at the Preakness 5k
- Chad Rucks, Sean McFadden, Julie Scott, Chris Scott, and Michelle Harwood PR at the Gulf Coast Triathlon
- Dave Ertel takes 1st AG, 8th OA at Xterra Uwharrie North Carolina
- Coach Marty takes 2nd OA and Bri takes 3rd OA at the White Lake Half
- Ken Mantei takes 8th OA at the Steelhead Duathlon
- Bri Gaal takes 7th elite amateur at St. Anthony's Triathlon, with a huge PR
- Steve Vaughn and Mike Napoli both drop 10 minutes at St. Anthony's
- Tara Tobias takes 7th AG with a huge PR at St. Anthony's
- Shana Harrington takes 3rd OA at the Riverwood Triathlon

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

Join us on June 16 at the [FITniche](#) specialty fitness store in Lakeland, Florida! This seven hour triathlon clinic will include a Powerstroke swim practice with open water swimming techniques, a bike ride with form drills, a running drills session, and three lectures related to triathlon training. Lunch and a CD of camp materials are included. Cost is \$85 for OSB athletes and return attendees, \$95 otherwise.

[Click here](#) for the full flyer.

[Click here](#) to register today!

**Training Tips – Recovery**

[Coach Marty Gaal](#)

As the race season heats up and the days get longer, many triathletes are increasing their training time and efforts. Your total training load is the amount of stress placed on your body through volume (time) and intensity (effort). A long-distance athlete who trains at a mostly moderate intensity will put in more time than a short-course athlete who trains with high intensity in order to create an equivalent total 'load' of

training. Once you've figured out how much and how hard will work for you and your goals, it's also time to figure out when and how much to rest. Here are a few general tips about rest and recovery:

- New athletes require more recovery time and should avoid excessive intensity.
- Younger athletes require less time in order to recover. Older athletes need more time between high intensity sessions and more total recovery time.
- Schedule your high intensity workouts in the same discipline 48 to 72 hours apart.
- Running is the most demanding workout for most triathletes – and requires the most recovery time.
- Every 2-4 weeks, depending on your depth of experience, current fitness, and age, take a few days of light training to allow your muscles and soft tissue to heal. You don't get stronger and faster without rebuilding the systems you've been working.
- Refuel after longer and harder training sessions. The window to restore your muscle glycogen post-workout is less than two hours. Take in protein for muscle rebuilding. If you don't refuel, you increase your chances of injury and workout quality will suffer.
- Listen to your body. The training schedule may tell you one thing, but your body is usually right. Learn to tell the difference between good training fatigue and bad-nearly-injured exhaustion.
- Take an easy day or full 24-hour period off every 7-10 days. Monday and Friday are usually good days to go easy for triathletes with 9-5 jobs. This allows you to train hard Tuesday-Thursday and over the weekend. An easy swim or light yoga class is low stress and may fit your schedule.

### **Elite Triangle Triathlon Team Clinic – June 9, Inside-Out Sports in Cary, NC**

Join the elite team members and the coaching staff of Triangle Multisport and One Step Beyond for this 5 hour beginner triathlon clinic at Inside-Out Sports. Cost is only \$34.95 until May 30, \$39.95 afterwards. [Read all the details here!](#)

### **Training Tips – Panic Attacks in the Water**

[Coach Brianne Gaal](#)

Panicking in the water is definitely not something you want to experience during a triathlon, but it is actually very common. I've talked to several people who experience this and since I never felt like I could give them very good advice, I decided to do a little research on some of the triathlon forums and see what has helped others in this situation. I've summarized what I've read below and hope that some of these tips can help out if this happens to you.

- Do a long warm-up. A very long warm-up. It may take you 500-600yds before your lungs open up and you find a good rhythm and fluency in your stroke.
- Pacing problems: Start out conservatively and then build up to a higher speed when you are able to.
- Instead of breathing every 3 strokes, breathe every 2. This may be more comfortable.
- Get to the swim start early. Visualize – think about the start and how you will remain calm. Picture yourself getting pushed, slapped and bump and how you will react. Visualize starting calm and remaining calm. Picture yourself getting

into a steady groove. When you get into the water, believe that you own that territory.

- Concentrate on relaxing and taking long easy strokes rather than trying to go fast. Of course you want to go fast, but if the choice is slowing down and relaxing or hanging onto the buoy – well, you can figure out which one will be faster in the end!
- Practice hypoxic breathing sets in the pool so you can get used to being out of breath when you swim. Or do very hard intervals on very short rest.
- Change your perspective. Stay positive. If you say to yourself, "I suck at swimming," or "I hate the swim start because I always get panic attacks," then it has a way of coming true.
- Swim in the open water as much as possible.
- If all else fails, and you feel yourself start to get short of breath, pull up immediately and backstroke, breaststroke, or float for 15-30 seconds. Don't wait until you're fully short of breath.

Take charge of the situation and be powerful! You can control the situation. Be mentally strong out there!

### **Train Hard, Eat Smart: Boost your immune system with good nutrition**

By Jennifer Patzkowsky

As an endurance athlete, you are putting in long hours of training, sometimes working out for several hours every day. Research shows that endurance training may be associated with an increased risk of illness. This article focuses on some nutritional strategies to give your immune system a good boost.

**Antioxidant surge.** Because increased oxygen utilization during exercise can increase the production of free radicals (unstable molecules that can cause tissue damage at the cellular level), increased food intake and supplementation with antioxidants, specifically vitamin C, may enhance immune-system performance. Now you could just pop a vitamin C pill, but getting this nutrient from food is a much better idea. Typically most people think about citrus fruits, but did you know that a red bell pepper has twice the recommended daily value of vitamin C? Other sources include broccoli, kiwi, strawberries, cantaloupe, oranges, and payaya. Aim for 3 servings of fresh fruit and up to two cups of vegetables daily to make sure you are getting in your vitamin C.

**Carb Chowdown:** adequate carbohydrate intake before, during and after training. Basically, if you are training in a carbohydrate-depleted state, the stress hormones, specifically cortisol, that are released during exercise are further elevated. However, sufficient carbohydrate intake results in lower cortisol levels, fewer changes in blood immune cell counts, lower oxidative activity, and a diminished inflammatory response. Before exercise aim for 0.5 g/pound body weight of carbohydrates within the hour before you exercise. If you will be exercising later in the afternoon, aim for 2 grams/pound body weight up to 4 hours before exercise. During exercise after the first hour, consume 30-60 g of carbohydrates per hour. After exercise, within the first 30 minutes, get in 0.5 g carb per pound. In addition, protein can help speed muscle tissue repair and boost immunity.

**Fat Balance.** Having the proper balance of fat in your diet, and choosing good fats can also give your immune system a boost. While a very high fat diet can compromise immune function, a very low fat diet does not provide adequate amounts of essential fat acids. The two types of essential fats, omega-6 and omega-3s are best consumed in a ratio of 3:1 to maximize positive health benefits. Polyunsaturated oils that provide omega-6 and omega-3 fatty acids are good for the immune system. Unfortunately,

omega-6 fats, found in most popular vegetable oils, are consumed in excess in our society. To improve your ratio, increase your intake of omega-3s by including walnuts, fatty fish, and flax, soy and canola oils.

In conclusion, keep healthy with a good nutrition plan including lots of fruits and vegetables, complex carbohydrates, protein, and healthy fats. Of course, getting plenty of rest and managing stress is important for a healthy immune system as well.

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](mailto:floridardld@hotmail.com).

### **New OSB sponsor: Athletic Edge Sports Massage**

Because you want to achieve peak performance, you push yourself hard and it's common to overuse and injure muscles during extended training sessions. **Athletic Edge Sports Massage** in Cary, North Carolina offers a service that can accelerate the healing process and increase range of motion allowing you to train and perform at higher levels. Contact Athletic Edge to schedule your session and as a One Step Beyond athlete, you'll receive \$10 off your appointment. Visit us on the web at [www.aesportsmassage.com](http://www.aesportsmassage.com)

### **OSB Forums**

Join our [flame-free discussion forum](#) here. All athletes are welcome.

### **Ready for coaching in 2007?**

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Coach Melissa Hall](#)

[Coach Brianne Gaal](#)

See you at the races!

Enjoy your sport,

Marty Gaal

One Step Beyond

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