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**Sent:** Monday, August 24, 2020 8:50 AM  
**To:** marty@osbmultiposport.com  
**Subject:** One Step Beyond Coaching Newsletter - December 2016



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**The Next Level Newsletter - December, 2016**

**Volume XIII, Issue IX**

Dear Marty,

Ho, ho, ho'd the dessert.

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**2017 OSB clinic dates are here:**

- Feb 11 - Run form clinic
- Feb 19 - Beginner swim clinic
- Mar 18 - Powerstroke freestyle technique clinic
- Apr 15 - Open water clinic
- May 14 - Open water clinic
- July 08 - Open water clinic
- Aug 05 - Open water clinic
- Sep 16 - Open water clinic
- Oct 21 - Powerstroke freestyle technique clinic

**You can view all details and sign up for any by following these links**

- [Run form clinic](#) - February
- [Powerstroke Freestyle technique clinics](#) - March and October

[Beginner swim technique clinic](#) - February  
[Open Water Clinics](#) - April through September  
[Open Water swim workouts](#) - April through September

### **Lightning Squad youth triathlon team spring and summer programs**

We will offer an 8-week spring program from March 19 to May 14, and a 10 week summer/fall program from July 16 to September 24. Each session includes 2 weekly coached practices and ongoing program advice. We'll target local youth triathlons on or near our end date.

See all the [details and enroll here](#).

## **New Years resolutions**

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Aren't worth the bar napkin you wrote them down on.

Every year, millions of people make financial and personal commitments to things, jobs, tasks, goals, and personal growth endeavors. [Then they fail](#).

Don't set yourself up for failure. Instead, take baby steps towards your goal.

As specific endurance coaches, we don't get the same sort of rush that your neighborhood YMCA does in January of every year. Our athletes tend to be more long term, goal setting type individuals. But, I do see the gyms and pools fill up with resolute and stalwart champions of the cause. In the first two weeks of January. By mid-February, the regular old crowd is still there. The sweating horde is gone.

Where did they go? They failed to stay resolved. Why did they fail? Because their goals were either non-specific, too difficult, both, neither, or whatever. They're not in the way!

I don't mean to belittle anyone who makes a commitment. What I am doing is drawing light onto the fact that most people are just not wired to make a big change overnight.

Today I'll ramble about personal finance instead of sports for a bit. Most of us have financial goals we're serious about achieving. Some of us are better at it than others. Just like sports. Using spending and budgets as an example:

Most people don't stick to a budget. Financial experts generally advise families to develop an overall budget. You can break it out however you like, but the bottom line is to spend less than you earn. The difference goes in your piggy bank. If you can do this month in and month out, eventually you have to buy another piggy bank. Then, when you're old and tired and sick of work, you can break open your piggy banks and spend the money you saved. Yay for you!

But budgets may offer [only the illusion of control](#). Much like a triathlon training plan. Life happens and your plan goes out the window. Be flexible! ([Financial yoga!](#)).

This brings us back to setting [SMART goals](#) instead of making large, cloudy, indistinct commitments, like 'get in shape' and 'save more money.'

I like the phrase baby steps. It is something we can all relate to. Small steps towards something greater. In the vein of baby steps with SMART goals in the financial world, let's look at spending.

Unless you are already exercising serious discipline or earn silly amounts of dough, there are a ton of ways you can spend less (re: save more). Dine out less. Use discount codes and coupons. Brew your coffee at home instead of buying a \$5 latte five days a week. Save gas by running all your errands at once instead of four separate trips.

You don't need to shave \$1,000 off your monthly spending out the door. Just make specific, achievable, realistic changes that you can hang onto for longer than a couple of weeks.

Back to the athletic world, think about completing an Ironman. If you haven't ridden a bike in twenty years and your longest run in 2016 was chasing your dog down the street, you have a long way to go. Maybe you should pick a sprint triathlon first. Then an Olympic distance triathlon. Then a half-Ironman. From there, the climb to the top is more realistic.

Breaking down your big goals into smaller, more immediate achievements is the way. Make them specific.

Instead of "I want to have three million dollars when I'm 65," try "I will only dine out once this week."

Instead of "I want to do an Ironman...someday," try "I will swim for twenty minutes this Monday and Wednesday, run-walk two miles this Thursday, and ride my bike 15 miles this Saturday."

Instead of failing to make permanent and lasting changes, set yourself up for success with SMART, happy, tiny baby steps.

*Marty Gaal, NSCA CSCS, is a USA Triathlon coach. He has been working with endurance athletes since 2002 and is the co-founder of One Step Beyond. He counts pennies on Tuesdays at 4pm.*

## Recent OSB athlete results

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### In December:

Anne Macdonald 1st AG at Pittsboro Reindeer run 5k  
Coach Marty 3rd AG at Pittsboro Reindeer run 5k  
Frank Rexford 6th at Pittsboro Reindeer run 5k  
Team OSB takes 3rd team at Pittsboro Reindeer Run 5k!

Angela Respecki 2nd AG at Powerman Duathlon Pilipinas Pampanga  
Dennis Respecki 3rd AG at Powerman Duathlon Pilipinas Pampagna  
Laurie O'Connor 1st AG at Run at the Rock 14 miler  
Tom Lehr 2nd AG at Run at the Rock 7 miler  
Frank Rexford 14th AG at Run at the Rock 7 miler  
Coach Marty 1st AG at Run at the Rock 7 miler  
Coach Bri 3rd AG at Run at the Rock 7 miler  
Kathy Larkin runs the Jingle All the Way 5k DC

Jenni Barker runs the Ridgewood 8k Turkey Trot  
Laurie O'Connor 1st AG at Gobbler Run 5k  
Morgan Farrell runs New Balance 5k Turkey Trot  
Kathryn Scovel 5th AG at Inside Out Sports 8k Turkey Trot  
Coach Marty 5th AG at Inside Out Sports 8k Turkey Trot  
Jason Schneider 24th AG at Ridgewood 8k Turkey Trot

Mike Napoli does the Lakeland 5 mile trail Turkey Trot  
Kathy Larkin runs the DC 5k Turkey Trot  
Marian Bergdolt 1st AG at Miami Thanksgiving 10k  
Allyson Kacmar runs the Ft Bragg 5k

## OSB coaching programs

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# One Step Beyond multisport coaching

*One Step Beyond* offers customized individual endurance training programs to triathletes, runners, and swimmers throughout the year. Our most popular ongoing program is called [Basic Steps coaching](#).

If you want a great schedule but don't feel the need for extensive interaction during the training cycle, this is the plan for you. Our coaches will create a professional training plan designed around your specific goals and constraints, with adjustments along the way as needed. We use heart rate, power, and perceived exertion targets as appropriate.

Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

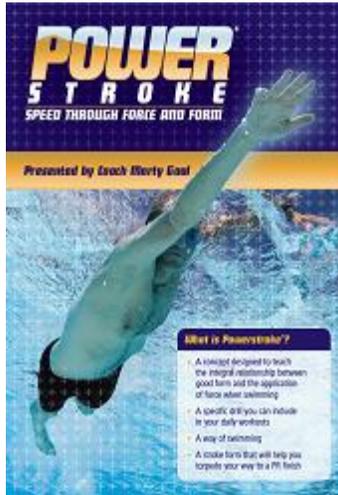
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- Annual Training Plan
- A weekly schedule with specific daily workouts
- Weekly group training sessions
- Ongoing email support for all questions (client initiated)
- Ongoing phone support (<15 minute type conversations)
- Race day pacing and nutrition advice
- Necessary adjustments of your schedule
- Regular feedback from your coach
- 20% discount on additional personal training and consulting sessions
- A premium Trainingpeaks training account

## Powerstroke: Speed through force and form DVD

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Powerstroke® is Coach Marty Gaal's method for teaching competitive freestyle swimming technique to adult triathletes and open water racers. The Powerstroke® DVD was specifically developed for adult swimmers looking to improve their swim speed in triathlon, open water racing, and distance pool events.



Powerstroke® is:

- A concept designed to teach the integral relationship between good form and the application of force when swimming
- A specific drill you can include in your daily workouts
- A stroke form that will help you torpedo your way to a PR finish
- A way of swimming

The Powerstroke®: Speed through force and form DVD includes:

- 40 minute lecture: What is Powerstroke?
- 25 minute general freestyle swim technique analysis: The three types of freestyle stroke mechanics and how to progress to the strongest: High elbow catch / early vertical forearm
- 25 minute Powerstroke freestyle swimming technique in-depth explanation
- 1 hour of seven key drills and detailed descriptions
- 4 minute stretching and dryland exercise video

[Purchase your copy here!](#)

## Premade training plans

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OSB premade training programs are for athletes who would like to follow a well made training plan, but don't require ongoing coaching. These plans can be set so they can end on the day of your A race and include a free TrainingPeaks account.

One Step Beyond currently offers:

Intermediate 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99

Intermediate 16 week Olympic distance triathlon training plan - \$69.95

Intermediate 10 week Olympic distance triathlon training plan - \$59.95

Beginner 16 week Olympic distance triathlon training plan - \$69.95

Beginner 10 week Olympic distance triathlon training plan - 49.95

Intermediate 10 week sprint triathlon training plan - \$59.95  
Beginner 16 week sprint triathlon triathlon training plan - \$69.95

Beginner 10k run in 10 weeks training program - \$44.99

You can review and purchase any of our plans, [hosted on the TrainingPeaks platform here](#).

## Swim workout of the month

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This month's swim workout is focused on muscular endurance and speed development.

Warm up:

300 easy

100 kick

4 x 50 as 25 stroke / 25 free on :10-15

4 x 50 build from easy to fast on :15-20

100 kick

Main sets:

3 x 200 pull (paddles) on :20-30

#1 first 50 fast

#2 middle 100 fast

#3 last 100 fast

4 x 100 IM or stroke choice :15

8 x 75 :15

#1 25 fast 50 easy

#2 50 fast 25 easy

#3 fast

#4 easy

Repeat for #5-8

All fast stuff is tempo+ to super hard depending on mood and fitness. :)

Cool down:

100 kick

100 swim

## 2017 Triangle Open Water Swim Series

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The 2017 Triangle Open Water Mile Swim Series dates:

Sunday, May 07 - Jordan Lake Open Water Challenge 1.2 and 2.4 milers

Saturday, July 22 - Little Uno and the Big Deuce 1 and 2 milers

Sunday, October 15 - Hurricane Championship Swim 1.2 and 2.4 milers

Registration is now open. Visit [www.fsseries.com](http://www.fsseries.com) to sign up today!

*The Triangle Open Water Mile Swim Series is brought to you by One Step Beyond and FS Series.*

## Our Sponsors

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Thanks to the following organizations, that provide service and support to One Step Beyond athletes.

[Xterra Wetsuits](#)

[Inside Out Sports](#)

[FS Series](#)

[Rudy Project](#)

[Set Up Events](#)

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[Frank Rexford - Guaranteed Rate](#)



## Frank Rexford, Guaranteed Rate

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# Frank Rexford

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[www.frankrexford.com](http://www.frankrexford.com)

Whether you are purchasing a new home, refinancing your mortgage, or simply considering a home improvement project, I have the experience to help you find a loan that is right for you. And I will take the time to provide clear explanations along the way, so that you will be confident as you make choices about the many financing options available.

My business is referral-based, with nearly 100% of my business coming from satisfied clients, trusted financial advisors and some of the most experienced realtors in the Triangle. I hope to earn your business by not only offering competitive rates and fees, but also by providing exceptional client service. Purchasing or refinancing a home can be stressful, and so my team and I will work hard to carefully guide you to a smooth closing.

email: frank.rexford@guaranteedrate.com  
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[www.frankrexford.com](http://www.frankrexford.com)

### Clean Jordan Lake

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Clean Jordan Lake is a grassroots nonprofit founded in 2009. Their stated mission is to restore Jordan Lake to a healthy and vibrant aquatic resource by removing trash from the shoreline and preventing its recurrence.

[www.cleanjordanlake.org](http://www.cleanjordanlake.org)

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VISIT OSB ONLINE

Sincerely,

***Marty, Bri, and Daniel***  
***One Step Beyond***



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