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Sent: Monday, August 24, 2020 9:45 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - June 2017



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The Next Level Newsletter - June 2017

Volume XIV, Issue IV

Dear Marty,

It is warming up in the Northern hemisphere! Our article this month is a repeat and update from eleven years ago about training in the heat.

Our next [open water swim clinic](#) is on July 08 at Harris Lake - site of the Triangle Triathlon.

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2017 One Step Beyond open water clinics - July 08, Aug 05, Sep 16

OSB coaches offer several open water clinics throughout the spring and summer. The next one is on Saturday, July 08 at Harris Lake. Read the details and [sign up here](#).

2017 Open Water workouts

1 hour practices at Jordan Lake in a controlled setting with a coach / lifeguard on a board.

[Open Water swim workouts](#) - April through September

Training in the heat and humidity

It's that time of year in the Northern Hemisphere when the asphalt really starts to cook. It's getting hot! Some athletes acclimate more quickly and deal better with the heat than others. Whichever boat you find yourself in, here are a few quick tips for those of you living and training in a hot (and possibly humid) environment.

Increase your total fluid intake both during training sessions and throughout the rest of the day. A common occurrence among endurance athletes is to play catch-up with fluid intake post-workout, resulting in a state of chronic dehydration.

One of the common symptoms of dehydration is fatigue. Imagine training for an Ironman. Now imagine it with the added challenge of dehydration-induced fatigue on a daily basis (not to mention the performance erosion dehydration causes). Drink more water during the summer months.

Consider adding electrolyte supplements to your nutrition plan during training. There are plenty of choices out there, ranging from regular table salt or engineered electrolyte supplements that you could add to your current drink or take in pill form, to specific formulas designed to help you meet the needs of extreme environments. One that can be customized to suit your particular needs is [Infini Nutrition](#).

Endurance athletes on a low sodium diet or athletes with a high sweat rate may find that they will need to add salt to their foods while training in extreme conditions. Those of you with pre-existing hypertension should consult a sports-knowledgeable MD about your specific situation. Generally speaking, you will excrete more electrolytes and minerals when exercising for long periods of time.

Sleep more. As your body adjusts to the demands of training and racing in a hot environment, it will more than likely demand more rest in between sessions to recover from the greater stress the heat entails. Rest and recovery are equally important parts of your training regimen.

Pace yourself appropriately. For most of us extreme conditions require that we adjust our pacing and use perceived exertion and heart rate during training and racing. It doesn't matter if you can run an 18:00 5k in 50 degree and dry weather. If it's 90 degrees and 85% humidity, you will more than likely need to slow down - or face [heat related illnesses](#) like heat cramps and heat exhaustion.

[Some studies](#) have shown that pre-cooling before exercise in hot and humid conditions can improve performance during the session. It seems that most of these studies include a training session of 30 minutes, so the utility of a cold shower before a five hour bike ride may be limited. However, putting ice on your head and neck in between running intervals on a hot day can certainly help.

Wear your sunscreen, sunglasses, and wide brimmed hats. Sunscreen melts off more quickly when you sweat, so reapply frequently. Bring a stick on long rides. [Keep your eyes shielded](#) from the sun as well - long term damage can accrue from sun damage to your eyes.

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 often wears big, funny hats.

OSB Summer youth programs

Lightnings squad youth triathlon team (ages 7-14)

Ten week program with two weekly coached practices in Raleigh/Cary area on Wednesdays and Sundays, with ongoing program advice. We'll target local youth triathlons on or near our end date. The spring squad did great at the Tar Heel Youth Tri in Chapel Hill on May 07!

When: July 16 to September 24

Coaches: Coach Marty Gaal and Coach Brooks Doughtie of All Out Multisport

Cost: \$200 per athlete

Location: Raleigh area greenways, Triangle Aquatic Center in Cary

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

High School age triathlon training program: (ages 14-18)

What: 8 week high school (age 14-18) triathlon training program

When: July 22 - September 17

Head Coach: Ironman + Youth / Junior Certified Coach Sara Larson

Cost: \$125 per athlete, race fee not included

Have you aged out of the Youth Triathlons? Looking for a bit more of a challenge in distance and venue? Come train with USAT Youth and Junior Certified Coach Sara Larson to get ready for the final event in the Rex Wellness Triathlon Series in Knightdale.

Location and details: Each Saturday from 3-5pm - locations will vary between Chapel Hill/Cary/Jordan Lake

Practices will include pool swim practice, open water swim practice, biking intervals, running intervals, brick workouts, and the all important transition practice. The training program will also include a weekly emailed schedule of workouts to complete on your own.

Read the details and [sign up here](#).

OSB Youth summer running program - Chapel Hill (ages 10-17)

What: 8 week youth running program

When: June 13 to August 7, Tuesday nights 630-730PM

Where: Downing Creek Neighborhood, Chapel Hill

Head Coach: USATF certified, USAT Youth / Junior Certified Coach Sara Larson

Cost: \$5 per athlete or \$10 per family per session

Coach Sara Larson will lead a summer youth running club for ages 10-17. Sessions will include endurance runs, technique and form drills, interval training and core work.

Read the details and [sign up here](#).

Ironman NC 70.3 training program

Ironman 70.3 North Carolina training program

What: 12 week program with 6 coached practices (1 every 2 weeks)

When: August 1, 2017-October 21, 2017

Coach: Ironman Certified Coach Sara Larson
Cost: \$180 per athlete, race fee not included

Who: This 12 week program will be designed for beginner/intermediate level triathletes. You will receive the entire 12 weeks worth of workouts at the beginning. You will also have the opportunity to attend a coach lead training session once every 2 weeks. The time and location of these practices will be determined by a poll of the participants prior to August 1. If you are interested in an individually customized program, this is also an available option for an additional cost.

Minimum Requirements: you should be able to complete a 1,000 yard swim workout, a 15 mile bike workout, and a 5 mile run workout before August 1.

Read the details and [sign up here](#).

Recent OSB athlete results

Kory Gray 7th AG at USAT Duathlon Nationals
Mike Napoli conquers Ironman 70.3 Puerto Rico
Dennis Respecki 16th AG at Heartland Olympic Triathlon
Colleen McCarthy 1st OA at Feminist 5k
Tom Lehr 2nd Master at 3 Little Pigs Triathlon
Coach Bri 1st OA at 3 Little Pigs Triathlon
Marian Bergdolt 1st AG at 3 Little Pigs Triathlon
Paul Amisano 9th AG at 3 Little Pigs Triathlon
Coach Marty 1st AG at 3 Little Pigs Triathlon

Angela Amisano hangs tough at Eagleman 70.3
Scott Cunningham hangs tough at Ironman Boulder
Joe Dillon 1st AG at Bridge to Pier sprint triathlon
Coach Marty 2nd OA at Bridge to Pier sprint triathlon

Angela Respecki 3rd AG at Regent 5150 Triathlon in Subic Bay
Dennis Respecki 18th AG at Regent 5150 Triathlon in Subic Bay
Lisa Hoff 1st AG at Low Country Splash 2.4 miler
Lindsee McPhail 13th AG at Raleigh 70.3
Larry Hamilton 14th AG at Raleigh 70.3
The Amisanos & sis crush a Raleigh 70.3 relay
Tim Gensler 4th AG at Colorado Sprint Triathlon
Kory Gray 4th OA at Blue Lake Olympic Triathlon
Mike Napoli 32nd AG at Pineapple Man Triathlon

Joanne Piscitelli 5th AG at Ironman Chattanooga 70.3
Erik Delagarza PR at Ironman Chattanooga 70.3
Lisa Hoff 2nd AG at Stoked to Go Out 1.7 mile ocean swim
Anne Macdonald PR at Ironman Chattanooga 70.3
Thys Wind 1st OA at Pinehurst International Tri
Marian Bergdolt 1st AG at Pinehurst International Tri
Curt Scovel PR at Ironman Chattanooga 70.3
Kathryn Scovel PR at Ironman Chattanooga 70.3
Paul Amisano PR at Ironman Chattanooga 70.3

Tom Lehr 4th open at Pinehurst Intl Tri
Coach Bri 2nd AG, 7th amateur at Ironman Chattanooga 70.3

Angie Amisano 1st AG at Beaverdam Olympic Triathlon
Tom Lehr 1st AG at Beaverdam Olympic Triathlon
Joe Dillon 3rd AG at EmergeOrtho Beaverdam sprint triathlon
Mike Napoli runs the Santa Barbara half-marathon
Coach Sara 2nd OA at EmergeOrtho Beaverdam sprint triathlon
Coach Marty 2nd OA at EmergeOrtho Beaverdam sprint triathlon

OSB coaching programs



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.

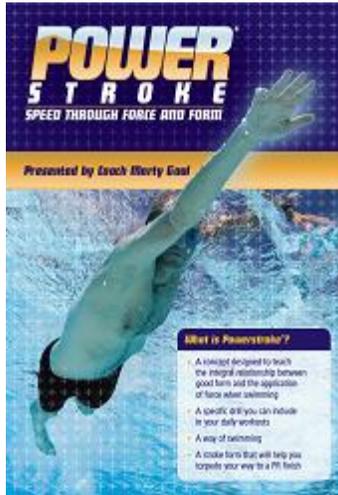
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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

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

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](#).

Run workout of the month

This month's run workout is focused on top end speed! You should have a good base of aerobic and threshold conditioning before taking part in a session like this. Plan one or two days of easy/recovery workouts in the days following.

Warm up:

15-20 minutes easy running

20 x jumping jacks, 10 x leg swings

drills: 2 x high knees, height skips, sideways (c skips), b skips, strides

Main set:

12 to 20 x 200s @ 1mile race pace or Z5a-b. 200 walk-jog recovery. Allow your heart rate to come down almost to full resting HR. Stay fluid on the work intervals - if you find you're really forcing the effort, discontinue and go into your cooldown run.

Cool down:

10-20 minutes very easy

2017 Triangle Open Water Swim Series



The 2017 Little Uno and Big Deuce will be held on July 22 at Vista Point this year. Fees increase on June 23 so don't delay. There are no race day sign ups.

Visit www.fsseries.com to sign up today!

Photo of 2017 Jordan Lake Open Water Challenge swim start from photographer Dennis Geiser below:



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

Our Sponsors

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

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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.

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Clean Jordan Lake

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

VISIT OSB ONLINE

Sincerely,

Marty, Bri, Daniel and Sara
One Step Beyond



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