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



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The Next Level Newsletter - October 2017

Volume XIV, Issue VII

Dear Marty,

No article this month, but we have the results from the final swim in the Triangle Swim Series!

Final Powerstroke Freestyle Technique Clinic - this Saturday, October 21

Our in depth Powerstroke technique clinic is being held this Saturday from 11am till 5pm. The clinic includes lectures, practice session, above and underwater videotaping, and a film review. You can read all the details and [sign up here](#).

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Triangle Championship Swim aka The Hurricane Swim



Mother nature gave us a break this year and the event came off without too many hitches. It was a little foggy at the start and we had to modify the course in order to avoid a shallow section in the middle of our normal course. The times were a little fast as the race wound up being just a bit short of the 1.2 and 2.4 mile distances. You can still mark it down as a PR, though. :)

As usual, I apologize for making a couple of mistakes during the announcing. Our official series overall points scores were:

Ladies top ten:

Name	JL1.2	JL2.4	LU 1	BD 2	Hurr1.2	Hurr2.4	total	Overall
Heidi Williams		18		19		18	55	1
Jennifer Strout	14		19		17		50	2
Lisa Hoff		17		10		17	44	3
Gabrielle Auerbach		20				19	39	
Emily Carpenter			20		18		38	
Kathleen Pelczynski		19	17				36	
Bri Gaal	18		16				34	
Abee Boyles		14		9		8	31	Top Master
Laura Greene	16					15	31	
Amy Oversmith				16		14	30	

Men top ten:

Name	JL1.2	JL2.4	LU 1	BD 2	Hurr2.4	Hurr1.2	total	Overall
Jason Fox	20			19	20		59	1
David Oyler	15		16			18	49	2
Dan Thornton		16		15	15		46	3
Doug Liming	12		18			16	46	3rd-tie
Derek Wall	18					20	38	
Michael Cotter				20	18		38	
Jason Strout	11		17			6	34	
Michael Hamilton	9		10			15	34	Top Master
Erik Johnson	16					17	33	

For our individual swim races, the winners were:

1.2 mile women

1. Brooke Zettel 25:10
 2. Ashley Hughes 25:45
 3. Emily Carpenter 25:49
- Master: Marjorie Cotter 27:09

1.2 mile men

1. Derek Wall 23:40
 2. Duncan Rougier-Chapman 23:44
 3. David Oyler 27:21
- Master: Erik Johnson 27:22

2.4 mile women

1. Ashley Twichell 43:21
 2. Gabrielle Auerbach 51:11
 3. Heidi Williams 51:54
- Master: Lisa Hoff 54:52

2.4 mile men

1. Jason Fox 44:15
 2. Connor Hughes 44:51
 3. Michael Cotter 46:32
- Master: Mike Bitzenhofer 49:19

You can view all the [Championship results here](#).

The overall series points results will be posted on www.triangleopenwater.com in a few days.

Thanks for joining us and we hope to see you return in 2018!

The Triangle Open Water Mile Swim Series is co-owned and directed by FS Series and One Step Beyond.

Recent OSB athlete results

Thys Wind takes 33rd AG at Ironman World Championships in Hawaii
Joanne Piscitelli takes 4th AG and PRs at Ironman Louisville
Tom Lehr takes 6th AG and PRs at Ironman Louisville
Kathryn and Curt Scovel finish their first Ironman at Ironman Louisville
Coach Sara 10th AG and PRs the course at Ironman Louisville
Mary Lou Buscemi finishes her first Ironman at Ironman Louisville
Colleen McCarthy PRs and 2nd OA at SAS Championship 5k
Coach Bri 3rd OA at SAS Championship 5k
Coach Marty 1st AG at SAS Championship 5k

Lisa Hoff top Master at Hurricane Champs 2.4 and 3rd overall in Triangle Swim Series
Tami Dorry 3rd AG at Hurricane Champs 1.2 miler
Morgan Farrell 2nd AG at Hurricane Champs 2.4 miler
Angie Amisano 7th AG at Hurricane Champs 1.2 miler

Paul Amisano 3rd AG at Hurricane Champs 1.2 miler
Glenn Blatz 4th AG at Hurricane Champs 1.2 miler

Angie Amisano finishes her first (and only) Ironman at Ironman Maryland!
Lindsee McPhail 1st AG at Lake James 50 Triathlon
Lisa Hoff 4th Master at Swim the Loop 3.5 miler in 1:46
Selena Smith Swims the Loop in 2:36
Morgan Farrell Swims the Loop in 1:44
Glenn Blatz 23rd OA at Motts Channel 1.3 miler in 33:52
Marian Bergdolt 2nd AG at Newport Half Marathon

Tom Lehr 5th OA, 2nd master at Battle at Buckhorn triathlon
Coach Sara 2nd OA at Battle at Buckhorn triathlon
Coach Bri 1st OA at Battle at Buckhorn triathlon
Lindsee McPhail 6th AG at Battle at Buckhorn and 4th at Sandling Beach 50 tri
Karen Crews 1st Athena at Sandling Beach 50 triathlon
Laurie O'Connor 1st AG at Sandling Beach 50 triathlon

Tom Lehr 5th open male at Wilmington YMCA Sprint tri
Laurie O'Connor 2nd AG at Wilmington YMCA Sprint tri
Colleen McCarthy 1st OA at 519 Hearts Haiti 5k
The Lightning Squad wraps up the summer youth program at the Tar Heel Youth Triathlon

Coach Sara rides the Blowing Rock Fall Classic (72m) - 7th female OA
Tom Lehr rides the Blowing Rock Fall Classic
Angie Amisano rides the Inside-Out Sports Reach the Beach 100
Kathryn Scovel Reaches the Beach in 100
Curt Scovel Reaches the Beach in 100
Glenn Blatz 3rd AG at Pier 2 Pier 1.7 mile ocean swim
Lisa Hoff 1st AG at Pier 2 Pier 1.7 mile ocean swim
Coach Marty 3rd OA at Rex Wellness Knightdale

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.

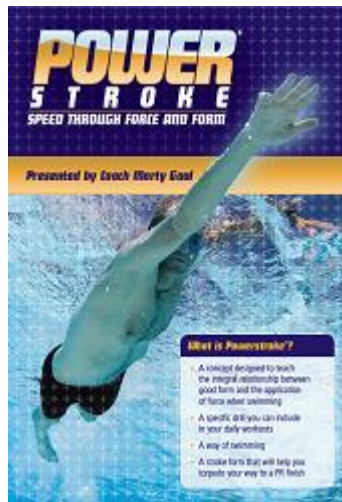
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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 a speed endurance session.

Warm up:

10-20 minutes easy

plyometric/dynamic stretching: jumping jacks, leg swings, high knees, a b c skips, strides

Main set:

3 or 4 x through:

1200(m) tempo / half marathon to 10k pace

200 easy jog

400 over threshold or from 1 mile to 5k pace depending on your fitness and ability

200 to 400 easy jog

Cool down:

5-15 minutes easy and a good stretch.

Our Sponsors

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

[Xterra Wetsuits](#)
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[FS Series](#)
[Rudy Project](#)
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[Peak Form Massage](#)
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Frank Rexford, Guaranteed Rate

Frank Rexford

guaranteedRate®

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
office: 919.442.4139
f: 919.869.1510

www.frankrexford.com

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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FORWARD EMAIL

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