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Sent: Monday, August 24, 2020 9:50 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - April 2018



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The Next Level Newsletter - April, 2018

Volume XV, Issue III

Dear Marty,

Our latest short article is a top down look at overall long distance race day organization and execution.

2018 upcoming clinics:

- June 02 - 3 hour open water swim clinic
- July 07 - 3 hour open water swim clinic @ Harris Lake
- August 11 - 3 hour open water swim clinic
- September 22 - 3 hour open water swim clinic
- October 20 - 6 hour Powerstroke freestyle swimming technique clinic

You can read all the details and sign up on the [OSB camps and clinics](#) page.

Open water training sessions:

We have updated the first half of the 2018 summer workout plan. You can [check that out here](#).

2018 Lightning Squad youth triathlon team:

We will also be hosting the Lightning Squad youth triathlon team in conjunction with Coach Brooks Doughtie of All Out Multisport. Spring and summer sessions with 2x a week coached practice sessions.

Spring session 8 weeks: Wednesday, March 28 through Sunday, May 20

Summer session 10 weeks: Wednesday, July 22 through Sunday, September 30

You can view the details and [sign up here](#).

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Long distance reminders and execution

If you are competing in or planning to complete any endurance event lasting longer than 3-4 hours, you need to be well prepared. This goes beyond the physical aspects of sufficient training, and the mental aspects of competitiveness, resilience, fortitude, and adaptability.

When you get into marathons, ultramarathons, open water swimming marathons, and Ironman events we're talking about the need for a complete game plan with multiple contingencies for unexpected twists and turns.

I will never forget being at an Iron-distance event close to twenty years ago. A gentlemen in line near me asked my opinion of using Sticky Buns pastries as his key nutrition on the bike. I was skeptical. :-O

If you don't want to be that guy, topics you should be well thought out and prepared for include:

Complete pacing plan - heart rate, power, or perceived exertion

Course knowledge and review

Strategic racing approach, if applicable

Nutrition breakdown by type, time, range of calories - a consult with a nutritionist is good here

Hydration plan

Electrolyte plan

Caffeine plan, if applicable

Mental strategies for adversity

Total gear breakdown

I'll flesh all this out in a future article, but as the season kicks into gear, these should give you a few Sticky Buns for thought.

Marty Gaal, CSCS, is the co-owner and head coach for One Step Beyond. He is a certified USA Triathlon coach, and prefers Bear Claws.

2018 OSB clinics

February 24 - Running form clinic

Approximately 3 hours, and includes:

- lecture on run training
- running specific plyometrics, stretches, and drills practice
- individual run videotaping
- in-class video review

March 17 - Beginner-intermediate swim clinic

Approximately 4 hour, and includes:

- lecture on beginner swim form
- lecture on beginner-intermediate level swim training
- swim practice including drills
- individual video taping
- in-class review

April 14, June 02, July 07, Aug 11, Sep 22 - Open water swim clinics

Approximately 3 hours, and includes:

- lecture on open water racing and training specifics
- lecture on swim training structure and approach
- in-water review and practice of skills
- swim practice courses under supervision

October 20 - Powerstroke Freestyle technique swim clinic

Approximately 6 hours, and includes

- lecture on intermediate-advanced swim technique
- lecture on swim training structure and approach
- swim practice and drills
- individual video taping
- in-class review

Please visit the [OSB camps and clinics](#) page for further details and to enroll!

Triangle Open Water Series 2018



Results are in for the Jordan Lake Open Water Challenge, 1k, 1.2 mile, and 2.4 mile swims on April 15 at Vista Point! Around 170 athletes joined us for another fun morning on the lake.

If you did not pick up your award or t-shirt, we will drop a few off at Inside Out Sports in Cary.

1.2 mile women

- 1st - Jennifer Strout, 28:37
- 2nd - Elizabeth Kamai, 30:10
- 3rd - Charlotte Kamai, 30:25
- Top Master - Lisa Hoff, 30:33 (4th female overall)

1.2 mile men

- 1st - Andy Farrell, 26:10
- 2nd - Derek Wall, 26:12
- 3rd - Duncan Rougier-Chapman, 26:19
- Top Master - David Oyler, 30:31

2.4 mile women

- 1st - Hannah Elkins, 58:38
- 2nd - Heidi Williams, 58:44
- 3rd - Kristen Wade, 1:00:50
- Top Master - Sara Larson, 1:08:31

2.4 mile men

- 1st - Brian Bozarth, 50:36
- 2nd - Anthony Lordi, 53:28
- 3rd - Greg Sanchez, 54:08
- Top Master - Dan Thornton, 58:38 (4th male overall)

1k men

- 1st - Jason Strout, 16:31
- 2nd - Eric Kaufman, 17:11
- 3rd - Wesley Sommer, 17:28

1k women

- 1st - Stacey Head, 17:38

2nd - Katie Harms, 19:00
3rd - Nancy Smith, 20:33

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

Our 2018 remaining dates are:

Sunday, May 13 - Little Uno, Big Deuce, and Littler Uno
Sunday, October 07 - The Triangle Championship Swim aka the Hurricane Swim

The water temperature should be around 70 degrees for both.

Registration is now open on the [FS Series website](#).

We hope to see you in May!

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

Recent OSB athlete results

April

Lisa Hoff 11th AG at the Carolina Cup 3.5 mile Harbor Island SUP
Todd Smyre 7th OA at White Lake International Triathlon
Alisha Woodruff 1st AG at White Lake Intl Tri
Tami Dorry 6th AG in her first international triathlon at White Lake
Kory Gray 3rd OA at the Spring Classic Duathlon
Tom Lehr 8th OA at White Lake Sprint Tri
Coach Marty 3rd OA at White Lake Sprint Tri

Marian Bergdolt drops 15 minutes from 2017 time at Boston Marathon 2018 (and BQs)

Coach Sara Larson Top Master at Jordan Lake Open Water Challenge 2.4 miler
Lisa Hoff Tom Master at JL OW Challenge 1.2 miler
Coach Bri 2nd AG at JL OW Challenge 2.4 miler
Carrie Hughston 1st AG at JL OW Challenge 2.4 miler
Paul Amisano 2nd AG at JL OW Challenge 1.2 miler
Vinicius Vivaldi 1st AG at JL OW Challenge 1.2 miler
Sarah Jacobson 2nd AG at JL OW Challenge 2.4 miler

Kory Gray & teammate 9th overall at Lake James SwimRun
Tom Lehr 7th AG at USAT Duathlon Nationals
Colleen McCarthy 1st OA at Mountains to Sea 14 mile trail run
Suzie Greengrass PR at Rock N Roll Half marathon Raleigh

March

Todd Smyre 1st OA at Sampson County Super Sprint
Coach Sara Larson 1st OA at Sampson County Super Sprint
Tom Lehr 2nd OA at Sampson County Super Sprint
Alisha Woodruff 2nd OA at World Water Day 5k
Coach Marty 1st AG at Sampson County Super Sprint

Marian Bergdolt 1st AG at Tobacco Road Half Marathon
Israel Bilbao 16th AG Tobacco Road Half Marathon
Colleen McCarthy 4th AG Tobacco Road Half Marathon
Carrie Hughston PR and 5th AG Tobacco Road Half Marathon

Vinicius Vivaldi PR at Tobacco Road Half Marathon
Sarah Jacobson 6th OA and 1st AG Asheville Half Marathon
Kory Gray 10th AG Shamrock Run Portland Half Marathon
Kathy Larkin 23rd AG at St Patty Day 5k
Coach Marty 16th AG at Tobacco Road Half Marathon

Israel Balbao 2nd AG at the Run Hard Columbia half-marathon
Tami Dorry 1st Athena at the Azalea Triathlon
Tom Lehr 12th OA at the Umstead Marathon
Coach Marty 25th OA at the Umstead Marathon

February

Tom Lehr finishes 3rd AG, 8th OA in the Northeast Duathlon

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.

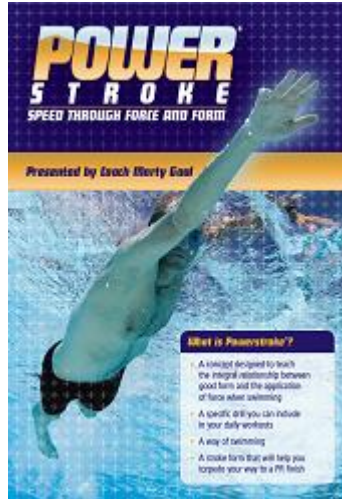
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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:

Beginner level 2 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99
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](#).

Our Sponsors

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

[Xterra Wetsuits](#)

[Inside Out Sports](#)

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[Frank Rexford - Guaranteed Rate](#)



Frank Rexford, Senior Mortgage Banker

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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