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



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## **The Next Level Newsletter - January, 2018**

## **Volume XV, Issue I**

Dear Marty,

Happy New Year! Our final clinic dates for 2018 are below. We have also added a new beginner level 70.3 training plan to our [prepared plans library](#).

### **2018 clinics:**

February 24 - 3 hour running form clinic  
March 17 - 4 hour beginner/intermediate swim clinic  
April 14 - 3 hour open water swim clinic  
May 19 - 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.

### **2018 Lightning Squad youth triathlon team:**

We will also be hosting the Lightning Squad youth triathlon team in conjunction with Coach Brooks 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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## 2018 OSB clinics

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### **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, May 19, 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

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In 2018, we will begin offering a 0.6 mile race along with the usual 1.2 and 2.4 mile versions.

We have moved the first 2 events forward in order to avoid the high water temperatures we've experienced the last two years in July.

Our 2018 dates are:

March 25 - Jordan Lake Open Water Challenge (temperature expected to be 60 degrees +- 5)

Updated: May 13 - Little Uno, Big Deuce, and Littler Uno

October 07 - The Triangle Championship Swim aka the Hurricane Swim

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

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

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Lisa Hoff runs the Commitment Day 5k

Lindsee McPhail runs the Run Across Durham marathon

Angela and Dennis Respecki run the Philippines Half Marathon

### OSB coaching programs

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*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.

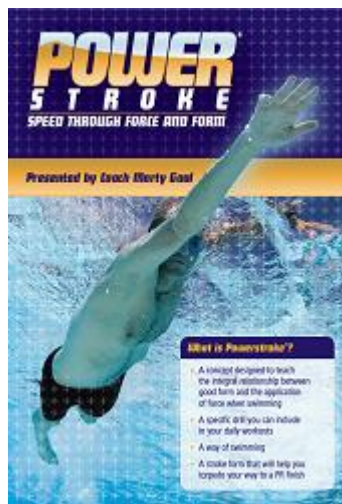
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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:

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](#).

## Bike workout of the month

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This month's swim workout is mostly endurance with some interspersed speed.

Warm up:

400 easy swim

6 x 50 as 25 drill / 25 kick no board :10

3 x 100 w paddles descend 1-3 :15

Main set:

3 x through

400 steady (optional paddles) :30-40

2 x 50 build to fast on :30

1 x 25 sprint

1 x 25 easy recovery

1 x 50 easy kick :30

Cool down:

200 easy mix

3,000 total.

## 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](#)  
[Peak Form Massage](#)  
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[Frank Rexford - Guaranteed Rate](#)



## Frank Rexford, Senior Mortgage Banker

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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.

Office - 919-929-6116  
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Email - [frxford@cimginc.com](mailto:frxford@cimginc.com)

[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, Daniel and Sara**  
**One Step Beyond**



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