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



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

## **Volume XV, Issue VI**

Dear Marty,

This month's newsletter includes some thoughts on strength training for endurance sports.

**2019 clinic dates will be published by mid-November.**

### **Open water training sessions:**

We had to scrap the last bit of open water due to flooding from Hurricane Florence. Look for us again in 2019.

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

The summer squad competed in two more youth triathlons in the Tar Heel Triathlon Series during the summer months. We had a great time coaching them and hope to see more youth racers next year.

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## **Strength training**

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Strength training in the overall sense of strength and conditioning training helps all athletes maintain or improve coordination, muscle tone, body composition, maximal power, and muscular endurance. It is also anti-aging therapy you can get for free and can help prevent or mitigate injuries.

Strength training can help athletes keep their trunk and pelvis (core) in line in the final miles of a race, help them find a sprint to the finish, and help them eke out a few more watts on the bike leg of an Ironman. While triathlon training is mostly an aerobic discipline, including work on anaerobic ability (sprints and lactate threshold work) and strength & conditioning (weights, Pilates, Yoga, core work, plyometrics) help round out the program.

Generally speaking, 2 or 3 x a week doing light to moderate resistance 10-20 reps, 2 or 3 sets per exercise, 6-10 total exercises, is a safe place to start. Athletes with no or little prior experience should hire a trainer for at least a few sessions.

For beginners, find an easy weight and add just a little more to it. Advanced athletes will approach strength training just like they do their aerobic training; with a methodical seasonal plan. So the resistance and effort will vary depending on the time of the season.

An overall approach is to do 6-8 weeks of lighter resistance + higher reps but not to failure, 4-6 weeks of intermediate resistance + reps, 4-6 weeks of lower reps + higher resistance, then move into a maintenance program of medium resistance on the higher rep side. Everyone responds to strength training stimuli differently, so your mileage may vary. The above is a loose guide.

Basically, when a particular routine has become easy, athletes need to change it.

Some of the important exercises include:

- Squats, lunges or variations of these
- Deadlifts
- Planks, exercise ball twists, side chops, Turkish get-ups, or any abdominal/oblique variation on core work
- Pullups or rows
- Step ups or box jumps
- Cable-optional side leg raises + pulls (adductor and abductor resistance)
- Bridges + bird dog
- Calf raises
- The occasional chest press or bicep curl for variety + balance

Athletes should include several main exercises that involve most or all of the body (closed chain exercises). For example, a weighted squat with the bar requires the athlete to balance + engage the core while lifting, while a machine press eliminates the balance aspect. There are good reasons to use the press like rehab, back issues, etc; just be aware of the balance and core engagement aspect.

You can read more on our [articles page](#).

*Marty Gaal, CSCS, is the co-owner and head coach for One Step Beyond. He is a certified USA Triathlon coach. He likes to move the weights around occasionally.*

**OSB clinics**

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### **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

### **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

### **Run form and training clinics**

Approximately 6 hours, and includes

- lecture on run training for triathlon and run-only
- short run and drills practice
- participant videotaping and review

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

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## **Run workout of the month**

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### **10k specific workout**

Warm up 2-3 miles easy

10 x leg swings, 20 x jumping jacks,

drills: 2 x high knees, height skips, bounds, sideways, strides

rest 1 minute + light stretching

Main set:

4 to 6 x 1 mile @ 10k goal pace, rest 1-2 minute between. Fitter athletes rest on the low side. If you fall off pace take more rest and try another. If you are off pace, call it a day and cooldown.

Cooldown 1-3 miles easy

good stretch routine after

This sort of workout could be a 10-12 mile total run for experienced athletes. Newer athletes should run on the low side of listed mileage and be very aware of proper pacing.

## Recent OSB athlete results

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### September

Kathy Larkin runs the Colorado Springs Half-Marathon  
Alisha Woodroof 60th AG at Chattanooga Ironman on another hot day  
Tom Lehr 15th AG at Chattanooga Ironman ""  
Coach Marty 2nd Master at Battle at Buckhorn Tri

The Lightning Squad closed out the summer season with another great race at the Tar Heel Youth Triathlon at Granite Falls!

Richard Anderson PR and 5th AG at the Lake Lanier Islands sprint tri  
Greg Atkinson PR at the Charlotte Half-Marathon  
Tami Dorry finishes first 70.3 at Ironman Augusta 70.3  
Tony Caparoso finishes first 70.3 at Ironman Augusta 70.3  
Craig Allgood PR at Ironman 70.3 Atlantic City  
Lindsee McPhail 3rd AG at the Table Rock Ultra 50k run  
Israel Bilbao runs a weekend 5k-10k-Half marathon in France  
Dennis Respecki 5th AG at the Vietnam Mountain Marathon 15k  
Karen Crews 2nd Athena at Rex Wellness Knightdale sprint tri  
Coach Marty 3rd OA at Rex Wellness Knightdale

Marian Bergdolt 17th AG and PR at ITU Age Group World Championship  
Kory Gray 4th OA at Best in the West Olympic Triathlon  
Craig Allgood 8th AG at White Lake Fall International Tri  
Coach Bri runs the 208 mile Blue Ridge Relay (9 person)

Angela Respecki represents at Ironman 70.3 World Championships!

## 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.

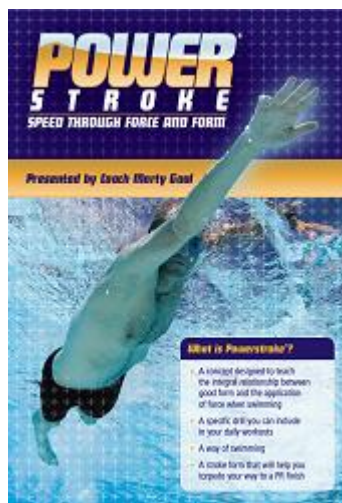
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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

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](#).

## 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](#)

[Athletic Edge Sports 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.

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

VISIT OSB ONLINE

Sincerely,

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



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