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Sent: Monday, August 24, 2020 9:55 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - February 2019



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The Next Level Newsletter - February, 2019

Volume XVI, Issue I

Dear Marty,

Triangle open water swim series dates:

All Saturdays this season!

May 04 - Jordan Lake Open Water Challenge (.6, 1.2, 2.4 mile options)

June 08 - Little Uno and Big Deuce (.5, 1, 2 mile options)

Oct 05 - The Championship aka Hurricane swim (.6, 1.2, 2.4 mile options)

You can sign up on the [FS Series website](#) now!

2019 clinic timeline:

March 24 - running form clinic

April TBD - beginner swim clinic

April 21 - open water clinic

May 18 - open water clinic

June 16 - open water clinic

July 13 - open water clinic

September 14 - open water clinic

October TBD - Powerstroke freestyle technique clinic

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

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Article: Getting into a routine

For many athletes, one of the toughest parts of a training program is simply getting into a regular routine. We're all being pulled in multiple directions with family life, work demands, social obligations, and other possible hobbies. (!)

A few tips to help you line up your training and get into a long term habit of making it happen every day follow.

Train at the same time every day. If you know you're at your best in the morning, make arrangements to do many of your sessions then. For working athletes, this is the best time to get it done, before work and family take over your time and energy. If you are the type who is more jazzed up later in the day, schedule your training at that time. It is good to recognize when you have both the time *and* the motivation to get going.

Find some training buddies. Accountability is a huge factor for many of us. Knowing that someone is waiting for you at the trailhead is a great way to stop dithering and get out the door.

Keep snacks in the car. You planned to work out on your lunch break, but now you're hungry and losing focus. Keep a few healthy snacks in your vehicle so you can take the edge off and get your session in.

Get organized. Face it buddy, you're a grown up now. Your Mom is not going to remind you to finish your work project and brush your teeth. Use a planning app or basic wall calendar to plot out each and every week.

Reward yourself. Make a promise to you: If you get all your workouts in for the week, you will do something fun. It is OK to celebrate small successes. Every session counts, and consistency over time is a major factor for both health and improvement.

I hope these help see you off to a great season!

Marty Gaal, CSCS, USA Triathlon Coach

Marty is the co-owner and founder of One Step Beyond (OSB). Along with Coaches Bri Gaal and Daniel Scagnelli, OSB has been working with endurance athletes since 2002.

Recent OSB athlete results

Dan Shumate 3rd AG at the UGTB Grind'n 5 mile trail run
Coach Marty 5th AG at the UGTB Grind'n 5 mile trail run

Laurie O'Connor takes 1st AG at the Little River 10 mile trail run

OSB clinics explained

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

Beginner swim clinics

Approximately 3 hours, and includes:

- lecture on basic freestyle technique
- in water practice and drills
- individual filming

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 3 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!

Run workout of the month

5k/10k speed workout

Warm up: 1-2 miles easy
dynamic stretching + drills:

leg swings
jumping jacks
high knees
bounds
sideways
strides

Main set:

2 to 4 sets of 4 x 400 with 200 walk/jog recovery. Break 2-3 min extra after each set of 4.

The goal for fit runners here is to start at about 10k pace on round 1 and finish at or a bit faster than 5k pace on round 3 or 4.

Less fit or newer runners should stick with 2 or 3 rounds and keep pace around 10k for the entire workout.

Cool down:
1-2 miles very easy
stretching and rolling

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.

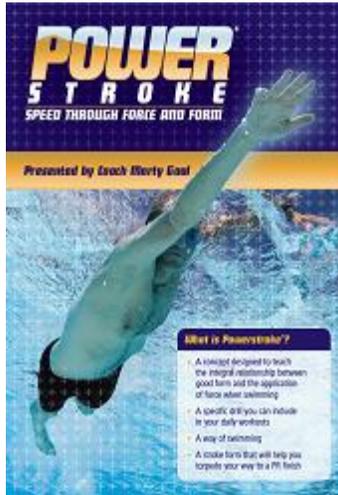
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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](#)

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Frank Rexford, Senior Mortgage Banker

I carefully guide my clients through the mortgage process so they are comfortable and confident as they make choices about the many mortgage options available for their financing strategy.

With 14 years of experience providing mortgages in the greater Raleigh, Durham, Chapel Hill Triangle area and throughout North Carolina, I have the knowledge and experience to close your loan smoothly and on time. My team and I will work hard to keep you well-informed from preapproval to closing, and I will remain available as a trusted adviser long after your loan has closed.

Whether you are purchasing a new home, refinancing an existing mortgage, consolidating debt, downsizing for retirement, investing in real estate, or simply considering a renovation project, I can find the loan that is right for you at a competitive rate. At Corporate Investors Mortgage Group, we work with many different lenders and investors in order to be able to find the right loan at a competitive rate for each individual client.

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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, and Daniel
One Step Beyond Coaches



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