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



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The Next Level Newsletter - July, 2019

Volume XVI, Issue III

Dear Marty,

Summer Lightning Squad Youth Tri Team 10 week training starts July 21

Get your 7-14 year old athletes involved in triathlon the right way! We have two coach led practices per week in the Raleigh area leading up to the first race in the Tar Heel Youth Triathlon at Granite Falls on September 29. Read all the [details here](#).

Open water swim clinics:

We have two more open water swim clinics this season. Upcoming this Saturday, July 13, and on September 14. Learn everything you'll need to tackle the open water. You can see all the details and [sign up here](#).

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Article: Triathlon swimming in a nutshell

The swim portion of a triathlon is one of the biggest challenges for both newcomers and veterans in the sport. The swim of even the shortest sprint event presents a host of difficulties. You may find yourself surrounded by thrashing bodies, gasping for air, when someone inadvertently dunks your head. Or a current or riptide could sweep you a hundred yards off-course. You could lose sight of the marker buoy and swim the wrong way. You could cramp. Your wetsuit could be too tight. Your goggles could fog up or fill with water. Or any other combination of race day nightmares could take place. And that's just the start!

And now that I've got you good and properly freaked out...how can you avoid these problems?

Simple. Preparation and practice. If you want to do well, remain calm, and enjoy the experience, you'll need to practice swimming laps and loops, and you'll want to prepare for the specific event you'll be competing in. Showing up at the starting line with a new pair of goggles and zero laps in your body, then asking somebody to point you in the right direction may sound like fun over beers on a Friday night, but on race day morning it's a different story.

Before we get into the meat and potatoes of swim practice and swim technique, I'd like to point out that often the best and simplest method to get into good swimming shape is to join a local master's team and attend practice regularly. Working with a proficient stroke coach is also very beneficial. If your master's coach can work with your stroke, you are in luck. If not, find a good swimmer or stroke coach and let them work with you. Spending a little extra time and money to iron out the kinks in your swim stroke early into your triathlon career will save you a great deal of frustration and will reap big rewards down the road.

There are three fundamental aspects to swimming fast in open water racing and you need to have a good grasp on all to swim well in triathlon. Namely, stroke technique, interval training, and site-specific preparation, in that order.

Stroke Technique

Stroke technique has been well documented in numerous videos, books and articles, and I'm only going to summarize some of the basics about front crawl, or freestyle, in this article.

In order to swim fast, you must first swim well. A few people are strong enough to barrel through the water with horrible technique, but that is inefficient and a waste of energy, and you'll need all the energy you can spare in this sport, since you still need to bike and run afterwards.

There are four basic parts to the upper body swim stroke - hand entry, underwater catch and pull, hand exit, and arm recovery.

We'll start with the hand entry. Your hand should enter the water somewhere around 12 inches in front of your head, then thrust forward as you roll your shoulder forward to fully extend your hand and arm on that side.

You'll then start the underwater catch and pull. You should inwardly shrug your shoulder, which helps put your hand and forearm in the early vertical forearm or high elbow catch position. As you pull your hand towards your body (or pull your body towards your hand), your hand and forearm should get closer to vertical to the bottom of the pool, while your upper arm still aims mostly forward. Your hand and forearm will apply force to the water and you will be pulled forward.

Meanwhile, your upper body should roll to allow your shoulder to turn with your arm motion. As your hand and arm go under your body you may want to move them in a slight S pattern

while maintaining a near-perpendicular hand-forearm angle to the bottom of the pool (in order to catch as much water as possible). As your hand and arm pass through the midline of the underwater pull stroke (your arm is straight down under your shoulder, ie, perfectly perpendicular), you will no longer be pulling your body through the water; you'll be pushing it.

This part of the stroke is slightly weaker than the 'pull' but is not to be ignored. Continue to push the water while your hand maintains an angle reasonably close to perpendicular. Once your arm is almost entirely behind you (parallel to the bottom - hand near hips), bend your elbow from the shoulder and lift your arm out of the water. Meanwhile, your opposite arm will have completed its cycle and should be entering & extending. You can give the water one last push with your hand (hand exit) and then begin your stroke recovery.

You'll want to keep your elbow higher than your hand, and run your hand forward in an imaginary straight line to the point where your hand will re-enter the water, 12 inches or so in front of your head. Do not flail your arm around and don't swing your hand higher than your elbow. That may feel faster, but it put a bit more stress on the shoulders.

Meanwhile, you've got those big cyclist-runner legs down there just dragging along. In triathlon you'll want to minimize your kick a bit. If possible, use a two-beat kick to maintain a rhythm with your stroke and keep your lower body from sinking. Two-beat kick means you kick one time with the opposite leg in sync with your hand and arm entering the water at the beginning of the stroke cycle. Re: left arm-right leg. The kick will give you a bit of additional forward propulsion as you extend your hand forward (some people have a slight pause or glide here, just before they start their pull). You can kick more with a 4 or 6 bit kick, or kick harder generally, but you need to save your leg strength for the bike and run, so use your judgment. I kick a good bit in short events but very little in long events.

Wetsuits also float your lower body substantially, minimizing the need for a hard kick.

Interval Training

Now that you know what a proper stroke is all about, how do you translate that into fast swim splits? Get in the pool and swim! In swimming, consistency and frequency are crucial. If you have the time and motivation to swim five times a week, go for it. But just swimming back and forth, while helping your overall endurance and fitness, isn't good enough. You need to break up those swims and complete interval workouts with various levels of effort. For example, instead of swimming 60 x 25 yard laps straight (1500 yds), try:

- 400 yard easy warm up
- 6 x 2 laps (50 yds), one lap easy, one lap fast, with :30 seconds rest between 50s
- 6 x 4 laps (100 yds), at 85% max effort, with :15 seconds rest between 100s
- 200 yard easy cool down

The purpose behind swim intervals is to adapt your body to higher intensity efforts and make you more comfortable with hard, fast racing, since, after all, triathlon is a race. If you're training for sprints, make sure your main interval set is between 500-1000 yards. For Olympic distance, keep it between 1000 to 2500 yards. For Half-IM and IM you may want to swim workouts of up to 4000 yards in distance at varying intensities.

In addition, when you swim intervals, make sure to continue to pay attention to your stroke technique. Swimming hard with poor technique just teaches you to swim hard, poorly. Swim well - you'll smile more!

Now you know how to swim correctly, and you know how to train correctly. Next we'll discuss how to race correctly.

Site Specific Preparation

Each triathlon has its own set of challenges. Around these parts, you may be swimming in a lake, a sound, a river, or an ocean. You may need to be prepared for any of the following - wind chop, waves, riptides, cold water, hot water, sand bars, jellyfish, and other swimmers. You'll want to swim in a straight line. You'll want to avoid getting smashed around by other swimmers. You'll want to remain calm and in control of yourself.

To do that, get out to a convenient open water venue and practice. If the race is in the ocean, get comfortable swimming through the break. In a lake - make sure you're prepared for wind chop. I suggest swimming with a buddy so you can keep an eye on each other, and stay out of areas with high boat traffic and or other dangers. *If you can set a swim marker, practice sighting and swimming a straight line. You can lose vast amounts of time swimming in a zig-zag fashion if you are unprepared.*

If it is a wetsuit legal swim, make sure you've tried out a few different models and are wearing a wetsuit that is snug but neither too tight nor too loose. Both cause problems. Practice in your wetsuit before you go to a race. Make sure your goggles are comfortable and don't leak too much or fog too quickly. In other words, prepare in advance.

Finally, when race day arrives, remain calm. Don't freak out. Don't go all out for 100 yards and then blow a gasket - dial in your pace from the beginning. Don't get upset when you get bumped, hit, and smashed around on occasion during the swim. Remember that the person next to you didn't mean it and is just trying to get from point A to point B, like you. If you're a strong, confident swimmer, line up in front and blast off when they say, "Go!" If not, line up off to the side or back and let the more experienced athletes go ahead.

If you stick with it, there will be a day when you line up in front as well.

And that, my soon to be fish-like friends, is triathlon swimming in a nutshell. So get wet, have fun, and I'll see you at the races!

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, he has competed in numerous long distance triathlons, swims, and running events.

Recent OSB athlete results

Dan Shumate 2nd AG at Rex Wellness Garner Sprint Tri
Craig Allgood 4th AG at Rex Wellness Garner Sprint Tri
Tami Dorry 3rd AG at Rex Wellness Garner Sprint Tri

Tim Gensler 3rd AG at the Lake to Lake Triathlon
Israel Bilbao conquers Ironman Ireland on a horrible weather day (23.5% dnf rate)
Kory Gray 5th AG at 70.3 Coeur d'Alene
Coach Marty 5th OA at the Veterans Appreciation Day 5k

Tami Dorry 2nd AG at 3 Little Pigs Triathlon
Tom Lehr 2nd Master at 3 Little Pigs Triathlon
Liliana Cantrell 6th AG at 3 Little Pigs Triathlon
Jason Schneider 26th AG at 3 Little Pigs Triathlon
Greg Atkinson 9th AG at 3 Little Pigs Triathlon

Marian Bergdolt 6th AG at 70.3 Eagleman
Alisha Woodroof 18th AG at 70.3 Eagleman
Greg Atkinson 3rd AG at Big Deuce 2 mile swim
Liliana Cantrell 3rd AG at Li'l Uno 1 mile swim
Tom Lehr 3rd OA at Littler Uno 1/2 mile swim
Coach Bri 2nd AG at Li'l Uno 1 mile swim

Kory Gray 9th OA at the PDX Olympic Triathlon
Tami Dorry 1st AG at the Badin Lake Tri
Dan Shumate 5th AG at the Triangle Tri
Joanne Piscitelli 2nd AG at the Triangle Tri

Kay Bergdolt has a great first marathon at the Cleveland Marathon
Marian Bergdolt takes 3rd AG at the Cleveland Half Marathon
Kathy Larkin runs the Colfax half marathon
Tom Lehr takes 2nd AG at 70.3 Chattanooga
Liliana Cantrell runs strong at 70.3 Chattanooga
Craig Allgood stays tough at 70.3 Chattanooga

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

The following is appropriate for all race distances. The effort level of the intervals can be adjusted for desired effect.

Warm up:

10-20 minutes easy

jumping jacks, leg swings, drills and 3-4 x strides

Main set:

4 to 6 x 4 minutes or 1000 meters with ~2 minutes easy between.

Effort level options:

- tempo or half marathon = not as fast but less recovery time
- 10k effort = race specific - a bit more recovery needed
- 5k effort = best done when fresh with a day or two to recover after
- faster than 5k effort = requires fresh legs and 2-3 days recovery

Cool down:

5 to 20 minutes depending on the runner

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.

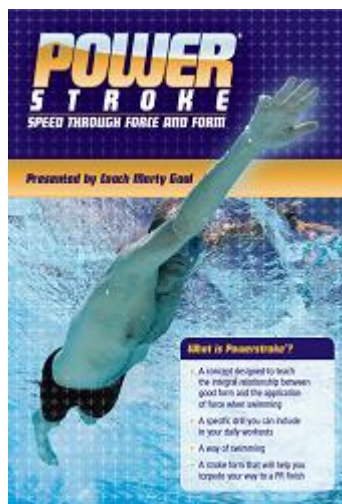
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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 Long Distance Triathlon Training Plan - \$79.99

Intermediate 16 week Half Long Distance 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](#)

[FS Series](#)

[Rudy Project](#)

[Set Up Events](#)

[Peak Form Massage](#)

[Athletic Edge Sports Massage](#)

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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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