

**From:** Coach Marty Gaal <marty@osbmultiposport.ccsend.com> on behalf of Coach Marty Gaal <marty@osbmultiposport.com>  
**Sent:** Monday, August 24, 2020 9:55 AM  
**To:** marty@osbmultiposport.com  
**Subject:** One Step Beyond Coaching Newsletter - March 2019



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**The Next Level Newsletter - March, 2019**

**Volume XVI, Issue II**

Dear Marty,

**Spring Lightning Squad Youth Tri Team 8 week training starts April 14**

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 series on June 09. Read all the [details here](#).

**Triangle open water swim series dates:**

All Saturdays this season!

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

*The early entry fee ends April 04.*

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:**

April 14 - open water clinic

April 20 - beginner swim 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: Half-Ironman training in a nutshell**

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Half-Ironman or 70.3 training is no walk in the park. Physical activity guidelines for healthy living include 30 minutes to 1 hour of moderate aerobic exercise 5 days a week (or a lesser amount of higher intensity), and 2 or more days of strength training.

Half Ironman training, on the other hand, will include at least a couple of days a week in the 2 to 4 hour range of exercise. So participants are vastly exceeding what is needed to be healthy, and moving into specific event physical training.

It's an entirely different animal and one you should be mentally prepared for.

A basic, beginner level plan will likely have athletes build up to a handful of weeks in the 8 to 10 hour of total training time. This sort of approach is for athletes who just want to finish the event. There would be at least 1 ride in the 50-60 mile range and one run in the 10 mile + range. Athletes need to be able to finish these distances in training to ensure they won't fall apart on race day. This would usually be a 5 or 6 day a week plan.

A tougher, intermediate plan will have athletes build to some weeks in the 12 hour total time range. There will likely be 2-3 rides over 50 miles, and several runs in the 10+ mile range. Chances are this is a 6-7 day a week training plan. These plans are for experienced athletes who want to do well but either can't commit more time, or aren't concerned with doing their absolute best.

Advanced plans are going to build athletes into the 12+ hour range. This could be 14 total hours, or it could be 25, depending on how much time and energy athletes can commit to their training. 25 hours in a week is in the pro-athlete range of training. Either way, advanced training is for experienced athletes looking to win their category, qualify for world championships, or win overall. There are usually not a lot of full 'days off.' Recovery days will usually include a mix of swimming, strength training, or yoga.

With all of these plans, consistency throughout the program is critical to success. Each successive week or period is dependent on advancing aerobic endurance, durability, mental toughness, and lactate threshold improvement in the preceding period. You can't willy nilly do some don't some and expect to meet your race day goals. If you've been stuck at 25-30 miles for your long training ride, jumping to 50-60 miles 4 weeks before the race is a) going to hurt and b) could cause injury.

There are times in your life where signing up for this sort of training works, and times when it is overreaching. Healthy fitness training is a habit everyone should get into (but obviously a lot don't). You can definitely pull off 5ks, sprint triathlons, and maybe Olympic distance triathlon with basic structured, week-in and week-out exercise. Advanced athletic training like half or

full Ironman training requires balance in other aspects of your life. If you just took on a new job, or have a one year old at home, it's probably not the right time.

You can read more in the links below, and see our pre-made training plans [available here](#).  
[Half-Ironman training presentation](#)  
[Half-Ironman training summary](#)  
[The hour-twenty training plan](#)  
[Full OSB article list](#)

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

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Laurie O'Connor 1st AG at New South Trail Half-marathon  
Tami Dorry 1st AG, 4th OA at Sampson County Sprint Tri  
Dan Shumate 1st AG at Sampson County Sprint Tri  
Tom Lehr 2nd OA at Sampson County Sprint Tri, 6th open at Azalea Sprint Tri  
Joanne Piscitelli 1st AG at Sampson County Sprint Tri  
Alisha Woodroof 5th OA at World Water Day 5k  
Coach Bri 1st OA at Sampson County Sprint Tri

Liliana Cantrell runs her first marathon at Tobacco Road Marathon  
Kathy Larkin 3rd AG at the St Pattys Day 5k  
Kory Gray 15th AG at the Shamrock Half Marathon  
Lindsee McPhail runs the Asheville Half & Asheville Marathon  
Matthew Burdick takes 5th overall at the Food Shuttle Garden Gallop  
Israel Bilbao PRs at Tobacco Road Half-Marathon  
Marian Bergdolt takes 2nd AG at Tobacco Road Half Marathon  
Israel Bilbao runs the Myrtle Beach Marathon  
Kasey Joiner takes 3rd Master and Boston qualifies at the Hilton Head Marathon!

## OSB clinics explained

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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

### 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!

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## **Run workout of the month**

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### **3.6k speed workout**

Warm up:

500 easy mix

6 x 50 odd drill, even kick on :15 rest.

Drill options 1-arm, fist w paddle, finger drag, dog paddle, sculling.

Main set:

6 x 50 descend 1-3, 4-6 on :15 with 3 and 6 being mod hard or 90%.

100 easy

6 x 100 descend 1-3, 4-6 on :30-40 with 3 and 6 being hard/very hard or 95%.

200 easy

6 x 50 descend 1-3, 4-6 on :45 with 3 and 6 being all out / 100% effort.

100 easy swim

100 easy kick

(less fit swimmers stop here)

5 x 200 as 150 steady - 50 hard on :20-30, fins or paddles optional throughout.

Cool down:

100 easy

## **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.

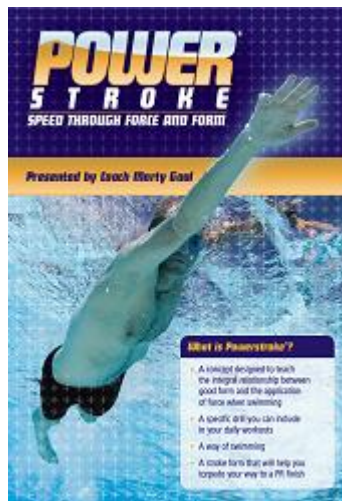
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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.](#)

## 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](#)  
[Drive Group, LLC](#)  
[Finis](#)  
[Frank Rexford](#)



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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.

Office - 919-929-6116  
Mobile - 919-360-7864  
Fax - 919-869-1510  
Email - [frexford@cimginc.com](mailto:frexford@cimginc.com)

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

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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](http://www.cleanjordanlake.org)

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VISIT OSB ONLINE

Sincerely,

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



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One Step Beyond, PO Box 4622, Cary, NC 27519

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