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Sent: Monday, August 24, 2020 10:01 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - September 2019



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The Next Level Newsletter - September, 2019

Volume XVI, Issue IV

Dear Marty,

Open water swim clinic - this Saturday, September 21:

Our last open water clinic of the season takes place this Saturday, 8-11 at Jordan Lake. Learn everything you'll need to tackle the open water.

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

Triangle Championship Swim, October 05

The last open water swim of the season is Saturday, October 05. We offer 1k, 1.2 mile, and 2.4 mile options. [Sign up here](#).

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Article: Carrot or the stick?

At this time of the season, you're likely either very close to your big race, or have already completed it. Congrats on all the great training you've done! After the race, it's a good idea to

take a few easy weeks. This doesn't mean you get to sit on the couch and eat Pirate Booty all day. Just ease off the throttle for a while.

Switch things up

For 6-10 weeks, you should keep moving, and keep exercising, but keep the effort on the lower side and change up your routine. If the past few weeks were overwhelmed with endurance exercise, it's good to get back into the gym or yoga studio. Do something different. If you've spent a lot of time in the aero position on your bike preparing for an Ironman, break out the road bike or mountain bike and put some miles on those tires. You can call this unfocused training, or fitness training, or just having fun. Staying active maintains a lot of the gains you've made over the previous season without any undue performance stress that competitive racing involves.

Find a new carrot

You may be the type that already has your three year racing plan scripted out. That's great. If you're not, the off season is a good time to figure out what you want to accomplish next season. There are plenty of events to choose from! Triathlons, marathons, trail runs, multiday bike tours, cyclocross racing, and open water swims, to name a few. Each season does not need to be a repeat of the previous.

After several years participating in a given sport, you may find that training for something different and potentially outside your comfort zone can give you new appreciation for your main endeavors. It may also add to your skillset and improve your performance in your chosen passion. For example, competing in open water swims should help your confidence and comfort in the swim portion of a triathlon. Mountain biking should help your road bike handling skills!

Build a plan

I spend a lot of my actual coaching time preparing training plans for multiple athletes. The process is not particularly hard, but it does take some insight and experience to do it well.

- Start with your key race
- Be realistic with your time constraints and competitive goals
- Find a schedule that works for your life - repeatable weeks or base-build-peak type training
- Challenge/improve your limitations
- Plan a few lead-up or practice races
- Plan recovery periods
- Ease into the season
- Go hard on hard days, and easy on easy days

The last one continues to be a message I need to communicate to many of my athletes on a regular basis. Easy workouts are not meant to be strenuous or challenging or hard in any way. They are basic maintenance-connector workouts that get you out and training without causing any additional breakdown or too much stress. They maintain your fitness until the next challenging session. Maybe they work on some form/technique issues. Nothing more.

Have fun

Having goals and working hard are great. It's even greater if you learn to have fun while doing it. Your definition of fun may differ from mine, but we all know what the word means. :)

Additional reading:

[Step up your triathlon training](#)

[Season planning with SWOT analysis](#)

[SMART Training](#)
[Crafting a seasonal plan](#)
[Your best year yet](#)

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

Craig Allgood conquers Ironman 70.3 Atlantic City
Tami Dorry 6th AG at Pier 2 Pier 1.7 mile open water swim
Mike Swigon 1st OA at Rex Wellness Knightdale Sprint Tri
Todd Smyre 3rd OA at Rex Wellness Knightdale Sprint Tri
Jason Schneider 9th AG at Rex Wellness Knightdale Sprint Tri
Coach Bri 1st OA at OBX Sprint Duathlon
Coach Marty 7th OA at OBX Olympic Duathlon

Laurie O'Connor runs the KTA Trail Challenge 25k
Kory Gray 3rd overall at the Best in the West Half Iron
Marian Bergdolt 1st AG at the Canes 5k

Joey Rossi 1st OA at the Java Jive 10k
Coach Marty 1st AG at the Java Jive 10k
Richard Anderson competes in the JT2 Sprint Triathlon
Tim Gensler 4th AG at the Boulder Sunset Triathlon

Lindsee McPhail PRs at Ironman Mont-Tremblant
Greg Atkinson finishes his first Ironman at Mont-Tremblant
Kory Gray 2nd OA at the Columbia River Triathlon
Marian Bergdolt 3rd AG at the Madison Mini-Marathon (half)

Craig Allgood 3rd AG at Rex Wellness Wakefield sprint tri
Jason Schneider 18th AG at Rex Wellness Wakefield
Mike Swigon 4th OA at Rex Wellness Wakefield
Coach Marty 1st AG at Rex Wellness Wakefield
Israel Bilbao 39th AG at USA Triathlon Sprint Natl Champs
Laurie & Bob O'Connor complete SwimRun Casco Bay Islands short course

Tom Lehr 8th OA at Lake Logan Half triathlon
Dan Shumate 7th AG at Lake Logan Olympic distance triathlon

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!

Swim workout of the month

This workout is for distance swimmers. Newer swimmers can adjust by cutting everything by 20-50%

Warm up (1,200):

600 easy

8 x 50 odd drill, even kick on :10-15 (seconds rest)

8 x 25 build each to fast on :15

Main set (2,100):

800 steady :45

600 mod hard on :40

400 steady :35

200 mod hard on :30

100 fast -

50 easy kick

Advanced and/or motivated swimmers could repeat the entire set.

Optional 2nd round (1,000)

400 steady :30

300 mod hard :25
200 steady :20
100 fast

Swimmers are welcome to use fins or paddles on the steady swims for both sets.

Cool down:
100 kick
100 swim

Total as written: 4,500 yards

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.

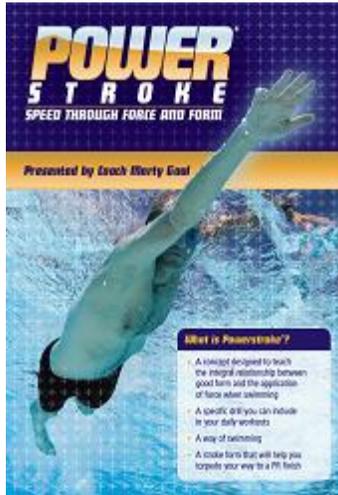
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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](#)

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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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