

Subject: One Step Beyond Coaching Newsletter - October, 2020

From: "Coach Marty Gaal" <marty@osbmultiport.com>

Date: 10/30/2020, 1:31 PM

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The Next Level Newsletter - October 2020 - Volume XVII, Issue VIII

Dear Marty,

Article - Staying motivated during a global pandemic that shuts down almost all your favorite races and omg this sucks doesn't it

It's easy to lose motivation while we patiently wait on the sidelines for endurance athletic events to resume. Many of us are regular people who need a concrete event/goal to really give us that kick in the pants to get out the door. It's tough! Having a 70.3 or half-marathon on my calendar X months in the future scares me into some serious training. That's not the case right now. So, what do we do?

The first rule to remember is: Something is better than nothing. So if you've reached the bottom of your motivation scale, start with that and get something in.

The next rule is: Some structure is better than no structure. Re: Consistency is key. Getting in one bike, one swim, and one run week in and week out will keep you ~75% of the way fit.

Once you're there, your next rule is: Frequency is good. :) Two workouts per sport per week, and you're now training five or six days a week, which is mucho fantastic.

Then you hit the final main rule: Structured weeks and structured workouts do help. The two weeks harder, one week easier kind of training. That whole warm up, main set, cool down.

I know plenty of athletes who have let it go quite a bit during these past few months.

I also know plenty who have maintained their competitive edge by staying way out in front of their training. We all know that guy or gal who is still doing 2 hour runs and 4+ hour bike rides. "Why?" you might ask. Well, it's because they don't want to have to rebuild everything on their way to long racing success when things return to some sort of normal.

That may not be you. And that's ok. So start at number one.

Pick your days of the week that you can and will commit to doing something. It could be two jogs and a yoga class. Yay!

Once you've hit that for a couple of weeks, consider what your goals are for a bit. Do you want to keep the weight under control, keep your aerobic conditioning, or your top end speed?

After you have that answer, write up a one week schedule that you know you can repeat week in and week out. If you're looking for weight management, a combination of strength training (more muscle = higher metabolism) and aerobic training are your answer. For aerobic conditioning, you're mostly looking at steady moderate sessions. For top end speed, you'd need at least one session per week with faster than threshold work intervals.

Get that week done in real life a few times, and then you're ready to make yourself a pandemic plan.

The [CDC recommends](#) 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity AND two sessions of muscle strengthening per week. So this is your basic baseline level of training. As a triathlete, you should be exceeding this by a fair bit to quite a lot.

My recommendation if you're on the lower end of motivation is to find a way to get something done almost every day. It could be a walk-jog on M/W/F, a swim on T or TH, a ride on the weekend, and two 20-minute or more sessions on any day for strength. The strength could be traditional weight bearing, or Pilates/Yoga/core bodyweight work.

For those of you with more motivation, your starting point is to double up on your swim/bike/run workouts and still find a way for the strength training sessions.

Everyone's week is different, as is your favorite type of session, so you have to find what works for you.

Personally, in order to keep a fair bit of fitness while we're essentially in a prolonged maintenance phase, my schedule is usually:

Monday: swim, yoga
Tuesday: run, core/conditioning
Wednesday: swim, bike
Thursday: run, yoga
Friday: swim, maybe a bike
Saturday: run, core/conditioning
Sunday: easy ride

With that as a framework, my recovery day could be Friday, Sunday, or Monday just by taking it easy on the daily activity, or skipping if I'm feeling worn out. I do more than one yoga these days since I am getting old and tight!

I do lactate threshold type intervals on one ride, one run, and one swim. Everything else is easy-moderate. If you haven't trained in a while, give it a few weeks of easy-steady training before re-introducing threshold intervals.

And that's it. Nothing fancy. Not in Ironman or 70.3 shape. But I can get back there very quickly when the time comes.

I hope you will be able to, to.

Stay safe, remember to have some fun, and keep in touch with your sports!

Run workout of the month

One of my go to variable speed workouts to keep things interesting.

Warm up:

10-20 minutes easy run
dynamic stretching, drills and strides

Main set:

2 or 3 x through
3 minutes tempo or half-marathon effort - 2 minutes easy
2 minutes threshold or 10k effort - 1 minute easy
1 minute threshold-over-threshold or 5k/slightly faster effort - 2 minutes easy

Cooldown:

at least 5 minutes and up to 20-30 for extra easy mileage

Works your lactate threshold without being super hard or requiring extensive recovery.

OSB athlete news

Consistency is key!
Some is better than none.
Have fun!



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

Our usual local training schedule

Please RSVP if you plan to show up to a training session. If no one checks in, we may stay home and delay cleaning the house.

Bri - brienne@osbmultiport.com
Daniel - daniel@osbmultiport.com
Marty - marty@osbmultiport.com

Day/Time | Location | Workout | Coach

Tuesday | Harrison (Reedy Creek) entrance to Umstead | 7+ mile trail run | Marty
900 AM

Tuesday | Online | Core training
500 PM

Wednesday | OSB HQ | 25m ride | Marty
930 AM

Thursday | Old Reedy Creek entrance to Umstead | Interval run | Bri / Daniel
630 AM

Saturday | Soft surface somewhere | Long run | Bri
Varies

Sunday | Varies | 30+ mile ride | Bri or Marty
Varies

Come join us!

OSB pre-made training plans

If you're not quite ready for full time coaching, but need some structured guidance, check out the OSB premade plans below:

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
Intermediate 10 week sprint triathlon training plan - \$59.95

Beginner Level 2 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99
Beginner 16 week sprint triathlon triathlon training plan - \$69.95
Beginner 16 week olympic distance triathlon training plan - \$69.95
Beginner 10 week olympic distance triathlon training plan - 49.95

Beginner 10k run in 10 weeks training program - \$44.99

All the programs are hosted on TrainingPeaks. Each program comes with a free basic account. You can check out [the details here](#).

OSB Sponsors

Frank Rexford

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.

www.frankrexford.com



Boone/Beach Mountain area rental from Coach Daniel

We can offer the OSB crew/people on the distro the friends and family discount of \$100/night + cleaning fee. It is a pretty solid discount from our standard rates (\$140/night).

Here is the VRBO link if you are interested: <https://www.vrbo.com/738502?unitId=1286440>

Quote of the month:

A bend in the road is not the end of the road... unless you fail to make the turn. ~Author Unknown

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