

From: Constant Contact <noreply@constantcontact.com>
Sent: Wednesday, April 29, 2020 10:13 AM
To: marty@osbmultiposport.com
Subject: Your campaign One Step Beyond Coaching Newsletter - April 2020 has been sent



Dear Marty Gaal,

Your campaign '**One Step Beyond Coaching Newsletter - April 2020**' was sent on 4/29/2020 around 10:10 AM EDT.

Below is a copy of the message your subscribers received. See how your campaign is doing by visiting Reports [in your account](#) to get real-time results and stats.

Subject: One Step Beyond Coaching Newsletter - April 2020



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The Next Level Newsletter - April, 2020

Volume XVII, Issue IV

Dear Marty,

OSB-All Out Multisport Lightning Squad youth triathlon programs:

We are currently hosting online classes with Zoom.

Join coaches Marty Gaal and Brooks Doughtie for two coach led online practices to help prepare your youth athletes for local junior triathlons. Our fun workouts include swim, bike, and run training, transition practice, and relays. The goal is to have a good time and make sure athletes ages 7 to 14 are well prepared for the race.

Practice times are on Wednesdays 445-545 PM and Sundays 400-500 PM.

Spring 8 week: Wednesday, April 1 to Saturday, May 23

Summer 10 week: Wednesday, June 17 or 24 to Sunday, August 23 or 30 (TBD)

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

OSB open water swim clinics:

We will host these if it is possible. Join us for a three hour clinic including lectures, in-water skills and drills work, and practice open water courses. Our 2020 dates:

May 31

June 27

July 25

September 05

Read all the details and [sign up here](#).

Triangle Open Water Swim Series dates:

We love organizing these swims and hope to bring them back when we can.

Registration is currently suspended.

Sunday, May 03 - Jordan Lake Open Water Challenge - cancelled

Sunday, June 07 - Little Uno and the Big Deuce - suspended

Saturday, October 03 - Triangle Open Water Championship

The first and last races will have .6, 1.2 and 2.4 mile options. The second will have .5, 1, and 2 mile options. Registration is open on the fsseries.com website.

In this issue:

[Article: Keep your chin up!](#)

[Run workout of the month](#)

[Powerstroke DVD](#)

[OSB coaching programs](#)

[OSB training plans](#)

[OSB sponsors](#)

Keep your chin up!

Wow. We are in the midst of a once in a lifetime (hopefully) event. Things are not the same. Everything has been cancelled or shut down. All your normal routines have been disrupted, you are potentially out of work, and you're anxious about going shopping at your local grocery store.

It is not business as usual. How can we keep our heads about us during a time like this?

Number one is to listen to the scientists right now. Keep your social distance. Wash your hands. Disinfect frequently touched surfaces and keep your fingers out of your nose. Wear a face mask when you go to the store.

Numbers two through whatever: Do your best to stay patient with your co-habitants. Do your best to stay calm and find those quiet moments to help you get through your day. Take your days one day at a time.

If you're fortunate enough to be working from home, be grateful. If you work in an industry where you are exposed to other people, do everything you can to stay safe. Don't take chances.

Regarding exercise and training. It's unlikely we'll see large scale events anytime soon. This puts quite a damper on goal setting! So you need to focus on the health and long term benefits of formalized training. If you stay fit now, it will make returning to an actual peak and taper program significantly easier.

In the short term, it really may help you stay motivated to sign up for some virtual events. A number of organizations have set up races that you can participate in.

You can use online cycling programs to set up trainer workouts with your friends and your new virtual buddies.

I have personally found yoga to be very helpful managing anxiety and stress right now, let alone the physical benefits. There are a bunch of good yoga videos out there, and you can do these in a live class with your local yogis as well.

Keep to a routine. Don't let yourself fall into a slump. Wash your face and brush your teeth!

If you have children at home, do your best to help them manage. You are now a teacher's assistant, a parent, and their go-to playmate. The CDC has [resources](#) that can help.

If you are personally having a hard time, seek out specific ways to [maintain your mental health](#), and don't be afraid to find personal counseling if you need to.

Don't be afraid to reach out to your friends to set up online happy hours. It's great to be the strong, silent type. You can still do that on Zoom. :)

We hope you and yours are healthy and stay well.

To all our training and racing friends: We miss you!

Marty is the co-owner and founder of One Step Beyond (OSB). He has been coaching endurance athletes since 2002.

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

This run workout is designed to get your heart rate up and help you exist in the moment.

Warm up: 15-20 minutes easy

drills: 2 x high knees, height skips, sideways, strides. Each for 30-40 yards with a bit of rest between.

Main set:

4 x through

1 x 3 minute tempo / half marathon effort - 1 minute easy

1 x 1 minute 5k+ effort - 2 minutes easy

CD: 10-15 minute easy

Total time: 50+ minutes.

OSB coaching programs

One Step Beyond multisport coaching

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.

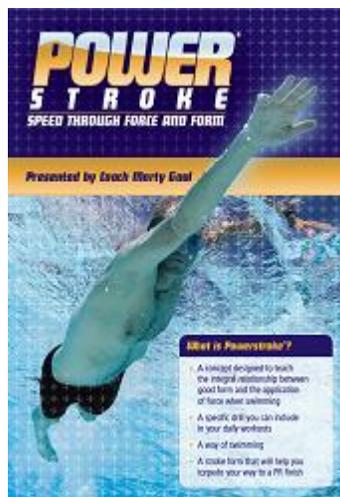
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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](#)
[Peak Form Massage](#)
[Athletic Edge Sports Massage](#)
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[Finis](#)
[Frank Rexford](#)



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



SUBSCRIBE TO LIST

FORWARD EMAIL

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