

From: Constant Contact <support@constantcontact.com>
Sent: Friday, January 31, 2020 10:24 AM
To: marty@osbmultiposport.com
Subject: Your campaign One Step Beyond Coaching Newsletter - January 2020 has been sent



Dear Marty Gaal,

Your campaign '**One Step Beyond Coaching Newsletter - January 2020**' was sent on 1/31/2020 around 10:23 AM EST.

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 - January 2020



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The Next Level Newsletter - January, 2020

Volume XVII, Issue I

Dear Marty,

OSB-All Out Multisport Lightning Squad youth triathlon programs:

Join coaches Marty Gaal and Brooks Doughtie for two coach led weekly 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.

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:

Join us for a three hour clinic including lectures, in-water skills and drills work, and practice open water courses. Our 2020 dates:

April 25
May 31
June 27
July 25
September 05

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

Triangle Open Water Swim Series dates:

Sunday, May 03 - Jordan Lake Open Water Challenge
Sunday, June 07 - Little Uno and the Big Deuce
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:

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Article: Stress Management

While life can and should be a joyous celebration, the individual components of our daily commitments do tend to wear us out. Achieving a manageable balance between family, work, and the pursuit of excellence in sports is an important component of becoming "better than before." In other words, understanding how much energy you have to get through your day is a great way to avoid tilting over the edge in any facet of your life.

Each of us have different tolerances to stress regardless of where the stress originates. Our individual tolerances are a result of psychological and physical make up as well as our chronological and athletic ages.

For example, let's say "Bill" has 100 'stress points' in his stress bank account which he can allocate to his day. Bill has a wife and two children; a full-time job, and is training for a long distance endurance event. Bill also has to deal with the variables of paying the bills,

transportation to and from work, getting enough sleep, proper nutrition, and so on. There's a lot going on.

Bill puts his family first, so he allocates a bunch of his points to them - let's say 35. Bill also has to get to work to help pay the bills - another 35. That leaves 20 points for his training and only 10 points for everything else (his stress point buffer). There's zero left in his stress bank account.

On a good day, this allocation works and he's able to get to the evening without feeling overwhelmed. But in reality, how many good days do you see in a typical week? Maybe 2 or 3 if you're in the groove. Every other day, something pops up. Little Billy gets sick and can't go to school. A project at work hits some snags and runs up against a deadline. The bike needs maintenance and you can't ride it without a visit to your local shop. Boom! A stress point deficit emerges. Bill goes negative on his 100 point allocation and starts burning the candle at both ends.

You've all seen the results. Most of us can deal with a little bit of deficit for a couple of days, essentially borrowing points from the future, but after that our stress bank calls in its loan - through physical and mental exhaustion. We have family strife, drop the ball at work, and/or training sessions go to pot. Eventually we hit a wall and start to shut down, through illness of all kinds.

Even Superman needed his sanctuary and his sleep.

Rather than go negative on a regular basis, the healthy thing to do is re-allocate your points and deal with your life. No one exists in a vacuum.

So, how many points do you have and which account do you put them in? That's the first step in understanding how to achieve balance and work on becoming a better you.

This article is a reprint from 2013.

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.

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 is a 10k/half marathon type of training session.

Warm up: 2 miles or so easy
Leg swings, jumping jacks, drills and strides

Main set:
Run on a 1 mile rolling loop ideally:

6 x 1 mile decreasing pace 1-3, 4-6.

#1 and 4 at half-marathon pace, #3 and 6 at 10k or slightly faster (but not 5k) pace. Jog / walk 1 minute between. So there is not a lot of rest.

Controlling pace is key - running the first one at 5k pace is going to blow up the end of the workout.

Cool down:
1-2 miles easy.

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.

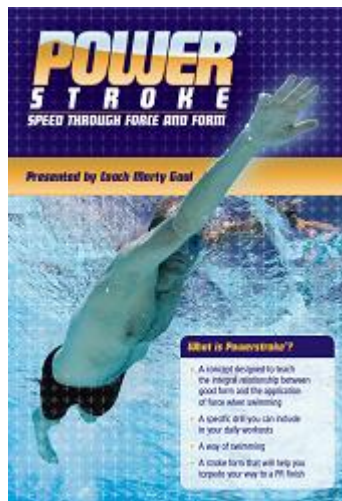
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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](#)
[Peak Form Massage](#)
[Athletic Edge Sports Massage](#)
[Drive Group, LLC](#)
[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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Email - frexford@cimginc.com

www.frankrexford.com

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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