

Subject: One Step Beyond Coaching Newsletter - February, 2021

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The Next Level Newsletter - February 2021 - Volume XVIII, Issue II

Dear Marty,

We hope you weathered the recent winter storm well, and are prepared for a beautiful spring.

The **Lightning Squad youth triathlon spring training program** will run from Wednesday, March 3 through Sunday, May 09. The program includes 2x coached workouts per week in the Raleigh/Cary area. You can read all the details and [sign up here](#).

Open water clinics remain on hold due to beach closures at our local lakes, although that should change soon.

The same goes for our *Triangle Open Water Series* events. We intend to host one swim race in October. If the summer comes up all roses, we'll look at adding a September event.

Article: Maintenance training

There are times in your life when you won't want to or can't train long and hard. Maybe it's a job change, a move, or a pandemic event shutdown. Whatever the reason may be, there is plenty to be said for continuing and connecting your super-fitness with maintenance training. Another nice term for this is bridge training. You're essentially building a bridge from your recent landmass of super fitness training to the next one. :)

These workouts don't require much in the way of time and can carry you through several weeks of life-is-a-priority-right-now.

Running

Certainly the easiest to accomplish though the hardest on your body in terms of stress.

#1: 30-40 minutes easy-steady: basic aerobic fitness

#2: 10 minute easy-10 minute moderate - 10 minute mod hard- 5minute easy: aerobic fitness + muscular endurance

#3: 10 minute easy - 8 to 10 x 1 minute threshold to 5k pace / 1 minute easy - 5-10 minutes easy: anaerobic / threshold training

#4: 10-20 minutes easy, then 10-15 minutes of form drills, 5-10 minute easy: technique training

Biking

More time if you have to dress up to hit the road, but not bad if you leave a trainer set up in the house.

#1: 30-40 minute easy-steady: basic aerobic fitness

#2: 10-15 minute easy - 4 x 2 or 3 minute Z3-4 (sub threshold) / 1-2 minute easy between - 5 minute easy: sub-threshold training

#3: 10-15 minute easy - 8 to 12 x 30 second Z5-a/b (over threshold) / 30 second to 1 minute easy - 5 minute easy: anaerobic training

#4: 10 minute easy - 20 minute build to Z4 (90-100% of FTP) - 5 minute easy: threshold training

Swimming

Definitely time consuming if you have to drive quite a bit to get to a pool. If you can hit 1x swim per week during busy life times, that will help you not feel awful when you do return to a regular training program.

#1: 1200-1500 easy continuous: basic aerobic fitness

#2: 400 easy, 100 kick. 9 x 100 descend 1-3, 4-6, 7-9 on :15 (seconds rest). 100 easy: can work every system depending how hard you go on the hard ones.

#3: 300 easy, 6 x 50 technique drills on :15. 12 x 50 as odds fast (up to sprint) / evens easy on :20-30. 100 easy: technique & anaerobic fitness

#4: 300 easy, 100 kick. 5 or 6 x 200 negative split on :30. 50-100 easy: muscular endurance training.

Strength

It is super easy to do bodyweight training with no equipment, or use kettlebells, dumbbells, or TRX trainers to have more resistance. You have no excuse not to do something like this at least 2 x per week.

#1: 10-20 pushups - 10-20 squats - ~1 minute prone leg hold. repeat a few times and you've worked most of your body.

#2: 10 burpies - 10 side leg raises each side - 1 minute plank (variations galore). repeat...

#3: 10-20 bicep curls (use a milk gallon if you don't have hand weights) - 10 tricep extensions or overhead press - 20 crunches. repeat...

And bingo. Instead of losing all your fitness, you actually retain most of it and it is 100x easier to get back into a tougher training with a goal routine.

Combine with a sensible diet, you'll find you haven't changed shape either.

Now get moving! :)

Run workout of the month

This type of workout helps you dial in your paces/effort levels and trains your mind to accelerate

when the body is already a bit uncomfortable. Your final mile split will thank you.

Warm up 10-20 minutes easy

Leg swings, jumping jacks, and a few form drills, each for 30-40 yards with a bit of rest in between

Main set:

3 to 5 x through:

800 meter @ 10k to half marathon race pace - 400 jog

400 meter @ 5k pace or slightly faster - 200 jog

The effort on the hard interval is relative to your current fitness. Aim to the lower end if you're not in great running shape and higher end if you're pretty fit.

Cooldown 10-15 minutes super easy

Good dedicated stretch after

OSB athlete news

Consistency is key!

Some is better than none.

Have fun!

Keep yo masks on!



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. Our typical week looks mostly like this. New athletes are welcome!

Bri - brienne@osbmultisport.com

Daniel - daniel@osbmultisport.com

Marty - marty@osbmultisport.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:

The birds of hope are everywhere — listen to them sing. ~Terri Guillemets

www.osbmultisport.com



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