

Subject: One Step Beyond Coaching Newsletter - January, 2021

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

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The Next Level Newsletter - January 2021 - Volume XVIII, Issue I

Dear Marty,

We hope you had a safe and happy holiday and are ready for another year.

OSB continues to offer socially distanced coaching and training services. The timeline for a return to races is still unclear, but things look good for athletes targeting races in the Fall of 2021.

We will have our Spring Lightning Squad starting in late February or early March.

Open water clinics remain on hold due to beach closures at our local lakes.

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: Living in Amber

We're mostly past the threshold for patience. We want to go sit down inside a restaurant without fear and loathing; hang out with our friends and maybe even give them a hug; or take a trip to see a family member and not have a panic attack about how we're going to get there.

As athletes, we are doing everything we can to retain a sense of normalcy. We've expanded our at home gym equipment. We've discovered new trails to ride and run. We are willing to swim at ungodly hours to avoid a crowd, if we're lucky enough to have access to a pool with capacity.

We miss breaking a sweat with 300 other like-minded people. We miss unabashedly lining up to munch down on post race food. We miss being a part of the crowd.

And we're not at the finish line yet. It's coming, but there are still a few twists and turns for us to navigate to get there. We cannot give up.

Time has been suspended in many ways. Sure, our kids continue to grow, you've discovered more gray hair, and if you've been lucky enough to hold onto your career, stuff is happening there. But most of our social and pop-culture life has been frozen in amber. I mean, there were no Marvel movies released in 2020! It's not normal. And not normal is stressful.

So what sage advice can I offer? I'm running out! Keep taking it day by day. Practice yoga and mediation to calm your mind and retain focus. Find creative ways to stay occupied. Play board games with your family. Build something. Paint something. Read something. Find patience. Live day to day and moment to moment.

Stop reading the news by 10am. They just want you to keep clicking.

Give lots of hugs to your immediate household members.

Love your neighbor. Wear a mask and stay away from them.

See you on the other side!

Swim workout of the month

Alternating distance and speed.

Warm up (800):

400 easy mix

200 kick

4 x 50 drills choice :15

Main set (1800-2700):

4 x 100 steady on :15

2 x 50 fast on :20

2 x 200 steady on :30

4 x 50 fast on :25

1 x 400 steady on :45

6 x 50 fast on :30

optional 1 x 500 steady on 1:00

optional 8 x 50 fast or descend 1-4, 5-8 on :20-30

Cooldown (200):

100 kick

100 swim

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@osbmultiposport.com

Daniel - daniel@osbmultiposport.com

Marty - marty@osbmultiposport.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:

Individual commitment to a group effort — that is what makes a team work, a company work, a society work, a civilization work. ~Vince Lombardi

www.osbmultisport.com



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