

Subject: One Step Beyond Coaching Newsletter - November, 2021

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Date: 12/2/2021, 10:23 AM

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The Next Level Newsletter - November 2021 - Volume XVIII, Issue VII

Dear Marty,

Staying motivated during the holidays

It is easy to grow complacent during the holiday season. Family and friends are visiting, everyone's telling stories about the good old days, and food and goodies are plentiful. It's easy to justify being too busy to keep up with all your training, and you'll get back into the swing of things when the new year comes around.

A few pounds later, you ask yourself why you didn't keep up with the training, and OMG you feel so out of shape.

Maybe it's time to sit down and [work on a 2022 plan](#). Nothing like some concrete goals to keep us motivated!

You can afford to ease off the throttle, and tone down your training efforts. But as many of us have learned from experience, it is harder and harder every year to keep the weight and fitness stabilized as the exercise volume goes down while the consumption volume goes up.

So do yourself a favor, and stick to some basic good habits through the season.

Don't be a glutton

You know the difference between a minor indulgence and pigging out. Sitting down for Thanksgiving dinner isn't a license to stuff your face with every goodie imaginable. Enjoy yourself but be reasonable with your portion control.

Learn to say no

You don't have to sample every plate, or imbibe every offered drink, or even meet every third

uncle from out of town at the tavern. You are in control of yourself and your choices. Saying no isn't rude, or distressing, or anyone else's business.

Make time for yourself

This is my secret to sanity. When surrounded by lots of people, various activities, and out of town events, I just wander off and do my own thing for a while. That usually consists of a workout and the occasional visit to a coffee shop to just get some alone time. People can function without you around for a few hours.

Stick to a daily routine

If you typically work out first thing in the morning, just roll right through on that. Christmas morning with little kids might be an exception, but otherwise a holiday is just another day with a label attached to it. Your local pool might be closed, but your garage and bike trainer are open for business.

Train your family and friends

You don't have to be militant about it, but people can and will encroach on your time and energy. Not everyone gets it about training for an upcoming -insert tough athletic event here-. Help them help you with clear parameters about what you need to do in order to not become a screaming, miserable wreck by the end of the visit. For me, it's an hour of fresh air and exercise. And a nap.

Be nice

None of the above is meant to promote selfishness. What we're aiming at is finding the balance between being a good host or guest, and keeping your long term athletic goals alive and well. When you're with family and friends, be present in the moment and enjoy everything. When you're running down the trail, do the same.

Run workout of the month

Keep your edge in running with some tempo-threshold repeats. Athletes should only attempt interval runs after several weeks of consistent endurance running without issues.

Warm up 10-15 minute easy

Form drills: 2 x high knees, height skips, sideways, strides
a few leg swings and jumping jacks

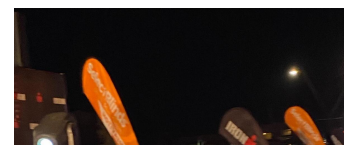
Main set:

2 (3 for advanced runners) x through the following
4 minute Z3-4 / half marathon to 10k pace - 2 minutes easy
2 minute Z4-5a / 10k to 5k pace - 1 minute easy
2 minute Z4-5a / 10k to 5k pace - 2 minute easy

Cool down: 10-15 minute easy and good post run stretch and refueling

Recent OSB athlete news

Kyle Radecki, Rob Radecki, and Robert Radecki all
run the Huntington Turkey Trot 4 miler
Kathy Larkin runs the Nashville 5m Turkey Trot
Coach Marty 4th AG at the IOS 8k Turkey Trot



Marian Bergdolt 6th AG at Ironman Arizona (her first)
Cassie Shafer PRs at Ironman Arizona
Joanne Piscitelli 1st AG at the RDU Half-Marathon



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 - brianne@osbmultiport.com
Daniel - daniel@osbmultiport.com
Marty - marty@osbmultiport.com

Day/Time | Location | Workout | Coach

Tuesday | Online | Core strength training
500 PM

Wednesday | OSB HQ | 26m ride | Marty
930 or 945 AM

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

Saturday | Soft surface somewhere | Long run | Bri or Marty
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 a friends and family discount. Contact Coach Daniel through the VRBO link below.

Here is the [VRBO link](#) if you are interested!

Quote of the month:

Only in grammar can you be more than perfect. ~William Safire

www.osbmultisport.com



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