



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue II. The winter edition!

Straight to athlete news:

- Sean McFadden, Chris Scott, and Steve Vaughn PR at the Gasparilla Half-Marathon
- Mike Jenkins PRs at the Gasparilla Marathon, taking 9th AG
- Mike Napoli PRs at the Gasparilla 15k
- Kathy Larkin PRs at the George Washington 10k
- Courtney Wagner and her team take 1st female team at the UCF Adventure Race

Melissa Hall's news:

- Cori Downing takes 2nd AG at the Sedona Half-Marathon

Training Tips – Cycling strength workouts

OSB Head [Coach Marty Gaal](#)

What exactly constitutes a strength workout on the bike? A cycling strength workout is designed to help you improve force applied during the pedal stroke. Improved force per pedal stroke given the same cadence results in an increased power output, and thus, speed. The second part of the equation is improving muscular endurance, or maintaining that increased power output for a sustained period of time. Here are a few workouts you can add to your training regimen to help improve these abilities. Always warm up before beginning the specific workout.

Force:

Hills. Ride a hilly course at your normal cadence, variable aerobic effort. The most basic 'force' workout.

Hill attacks. Find a short hill (15-20 seconds) and climb up it quickly. Normal cadence or slightly lower than normal cadence. Complete 5-10 of these with a few minutes easy spinning in between each. This workout also has applications toward speed skills and anaerobic endurance.

Hill resistance. Ideally on a long climb (20-30 minutes), select gearing that is 10-20 revs less than your normal cadence. Keep your heart rate aerobic. Depending on your experience level you may want to break this into intervals (4 x 5 minutes, for example).

Big gear intervals. Keep your heart rate aerobic and complete a set of intervals at 10-20 revs below normal cadence. Typical intervals are 2-3 x 10-20 minutes with 3-5

minutes easy between. The length of the interval may increase as you gain more experience.

Stomps. Switch to a gear that allows 50-60 rpms. Push down on the pedals very hard for 15-20 revolutions. Break with 2-5 minutes easy pedaling between each.

Muscular endurance:

Tempo riding. Ride at a moderately hard (Z3) heart rate for 30-60 minutes.

Threshold intervals. On flat or slightly rolling terrain, complete 4-5 x 5-8 minutes sub-threshold heart rate (Z4). 2-3 minutes easy between each interval.

Hill intervals. On a long climb (20-30 minutes) alternate between your normal cadence and 10-20 revs below normal cadence at sub-threshold effort (Z3-4). Rolling terrain will work if you aren't near a long climb. As will riding into the wind!

Additional notes:

- Be aware of your knees during force and harder muscular endurance workouts. As you begin to implement these sessions you should start on the lower end of the intervals and build up to the longer, tougher sets.
- Power feedback tools and heart rate monitors are extremely useful to maintain an accurate gauge of your abilities on the bike.
- A strong core and early season strength training plan are key precursors to making the most of your force and muscular endurance sessions.

Training Tips – Dealing with illness

OSB Assistant [Coach Brianne Gaal](#)

It will happen to almost all of us at some point during the year and it's not fun. No, I'm not talking about your in-laws coming for a visit; I'm talking about getting sick. There is no right time to get sick – in the base, build or peak phase, but there are right ways to deal with it.

First and foremost – Don't freak out! Aughh! My season is ruined! Not at all. In fact, most times if you handle yourself correctly you will come out right where you left off, or possibly even better after getting a bit of rest. Here are some tips for dealing with sickness:

- If it's a head cold, you can still train, just back off the intensity. Your body still needs rest so you can start feeling better, but no harm will be done by doing an easy workout.
- If you feel feverish or your cold is in your chest, take a few days off. Focus on getting yourself better and don't worry about your missed training. A few days off will not curtail your goals. You and your coach, can easily rework the plan and get you back on track.
- Make sure you are taking in plenty of liquids. A lot of decongestants will dry you out and make you more prone to dehydration.
- On a similar note, certain medications can increase your heart rate, so do your research before you take anything. If in doubt, just back off the intensity.
- If you do take some time off to get yourself feeling 100% again, don't rush into anything. Take your time getting back into your training so as not to get injured. I can't tell you how many people I've seen throughout the years do too much too

soon and end up on the sidelines. Rome wasn't built in a day, nor was it lost in day. Actually, I guess it could've been, but for purposes of this analogy it wasn't.

- Get in touch with your doctor when you come down with something. Getting the right medication can really make a difference in the length of the sickness as well as your recovery.

Bottom line, it is not the end of the world if you come down with something. It matters more on how you deal with it when it happens. Getting yourself healthy again should be your number one priority at this point, not the 50 mile ride you have scheduled.

On a personal note, I know a person who got sick the week of a very important Ironman. He didn't freak out, got some medicine from his doctor, and ended up with a Hawaii spot. Everything turned out just fine!

Before exercise, to eat or not to eat?

By Jennifer Patzkowsky

Fueling before exercise is important not only to satisfy hunger and maintain blood sugar, but also to enhance stamina and endurance.

Aim for 0.5 grams carbohydrate per pound of body weight within the hour before you exercise. This means if you weigh 150 pounds you should target about 300 calories. This is far more than most athletes consume. However, the amount does depend on personal tolerance to food. If you have a finicky stomach, try liquids or semi-solids such as gels, yogurt, applesauce, or smoothies rather than solid foods such as oatmeal, bagels, or bananas. Even though your friend Joe swears by a new special sports drink and a banana as his favorite pre-race meal, race day is not the time to try something new.

Make sure that you have your favorite energy drinks and gels with you. Don't be tempted to try free samples at the races. You may end up with an upset stomach and a disappointing race. The bottom line: experiment in training with pre-race foods.

Finally, don't forget about extra fluids. Drink 2-3 glasses of fluid up to 2 hrs before and another 1-2 glasses approximately 5-10 min before the start. Even though you may be afraid to eat before exercise due to the possibility of an upset stomach, eating before exercising promises advantages including better performance, more energy and stamina and faster recovery.

Jennifer Patzkowsky, MS, RD/LDN, is a competitive endurance athlete who provides nutritional counseling and meal planning to athletes and people interested in improving their health/fitness. For more information on her services, please contact her at (863) 513-2635 or floridardld@hotmail.com.

OSB-BodyZen Spring Break Training Camp, Clermont, FL - March 9-11, 2007

We've teamed up with [BodyZen Multi Sport](#) to host the 2007 Spring Break Training Camp in Clermont, FL. Join us from March 9 to March 11 for three days of fun, training, and racing, with five certified coaches on hand. The camp will conclude with Florida's Great Escape Triathlon at Lake Louisa State Park in Clermont, FL. [Please click here](#) for all the details!

OSB-Runner's High 'n Tri Triathlon Camp, Chicago, IL - April 21-22, 2007

OSB is teaming up with the crew at Runner's High 'n Tri, a running and triathlon store in Arlington Heights, IL to offer a two-day camp offering group training and classroom based discussions. [Please read about this one here!](#)

Triangle Multisport / Inside-Out Sports Elite Team Clinic – April 7, 2007

OSB will be co-hosting this clinic with the staff of [Triangle Multisport](#) and the [Elite Triangle Triathlon Team](#). We will have a large number of coaches and top local athletes on hand in order to break into smaller groups to cover some of the technique and form aspects of triathlon training. The clinic is geared towards beginner to intermediate athletes and will be hosted at Inside-Out Sports in Cary, NC.

Registration will take place through the [Inside-Out Sports](#) website.

[Click here](#) for the full promotional flyer!

One Step Beyond Powerstroke Triathlon Clinic – April 14, 2007

We'll be hosting a one-day swim-focused triathlon clinic at Inside-Out Sports in Cary, NC. This seven hour clinic is limited to 16 athletes and will cover the principles of Powerstroke, running and cycling drills, and smart triathlon training. [Click here](#) for all the details.

OSB Forums

Join our [flame-free discussion forum](#) here. All athletes are welcome.

Ready for coaching in 2007?

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Assistant Coach Melissa Hall](#)

[Assistant Coach Brianne Gaal](#)

We hope your training is going well, see you at the races soon!

Enjoy your sport,

Marty Gaal

One Step Beyond

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