



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue I. Time to get focused on success in 2007!

Straight to athlete news:

- Saidel Perez PRs at the Park Avenue 5k
- Kathy Larkin finishes her first half-marathon at the Rock-N-Roll Half in Arizona, PRing her 10 mile time *and* the final 5k to finish under 2 hours
- Alex Jones takes 3rd AG and PRs at the Bermuda International Half-Marathon
- Mike Napoli completes the Goofy Challenge, running a half-marathon on Saturday and the Disney Marathon on Sunday
- Trung Lively PRs at the Disney Marathon on a very hot January day
- Mike Jenkins PRs at the Deleon Springs Half-Marathon, taking 2nd AG
- Brianne Gaal takes 2nd female at the Deleon Springs 5k
- Congrats to the 2006 OSB athletes who made the USAT All-American or Honorable Mention List: Matt Thibodeau, Debbie Darr, and Jeff Brady
- Congrats to OSB Athletes Tara Tobias and Brianne Gaal, USAT All-American or Honorable Mention list

Training Tips - Developing a training plan

Having a successful racing career depends on a variety of factors – motivation, talent, available time, a support team, nutrition, and health, to name just a few. A very important but sometimes overlooked component is planning. In order to achieve your personal best, it's critical to step back from the daily grind and take a holistic look at your seasonal, and multi-seasonal goals. Here are a few tips to get you started.

1. Establish your long-term goals. You may want to qualify for the Ironman World Championships, or finish a local marathon without injury. Whatever it may be, take a realistic look at your current condition, then determine a timeframe that allows you sufficient space to get from point A to point B. It may take one year, or several.
2. Establish interim (or short-term) milestones. What events or key workouts do you need to successfully complete in order to be confident you are moving towards your goal? To continue with the above examples – finishing an Olympic-distance triathlon could be an early step towards qualifying for Hawaii; running a 5 or 10k could be a first step towards completing a marathon.

3. Determine a realistic weekly schedule. If you're starting from scratch, you don't want to jump into twenty-hour training weeks. Take a look at your available time and current condition, then determine what it will take to reach your first milestone, not your end goal. That's an important distinction. Re-evaluate your weekly plan as you progress through the season.
4. Find a support team. Most athletes soon discover that having a supportive crew of like-minded athletes or supportive friends and loved ones to reaffirm your goals is incredibly important. There are plenty of training groups in most areas, and the online community can be great for folks in isolated areas. These teams, groups, and communities are helpful resources for training information and camaraderie. You don't need to go it alone.
5. Take your rest and recovery. All well-balanced training approaches include periods of rest and recovery. Without proper rest your body will slowly weaken and eventually break down with injury or illness. Injury as a result of overtraining is the quickest way to derail your plans.
6. Do some homework. As you embark on your journey you'll soon discover that there is more than one way to climb the mountain. There are different training philosophies and approaches to endurance sports. Most are based on some simple, fundamental concepts, but many folks will claim to have "the solution." But there are some very good ideas that can be implemented very badly, with devastating results.

The truth is that there are a number of ways to succeed, one of which may work best for you. Tap your support team (see step 4) to discover what has worked for them. Read the available literature – not just the glossy magazines, but recommended books and scientific articles. Working with a reputable trainer or coach will also be a time-saver – these individuals have the experience and knowledge to help you maximize your time and effort investments.

7. Maintain the focus, but let off some steam. There's a fine line between being highly motivated and determined to succeed; and being obsessed and unhealthy in your approach to sport. Most top athletes recognize within themselves the need to let go and relax on occasion. We're no different. Rest and recovery are just one part of this equation, mental relaxation is another. A few hours here and a couple days there may be just what your mind needs to succeed – for the long-term.

Train to Eat: A plan for good nutrition

By Jennifer Patzkowsky

A good nutrition plan is important for fueling the body and investing in overall health. However, nutrition is the most commonly overlooked component in an endurance athlete's training program. If you are like most Americans, you skip breakfast; work through lunch, and by late afternoon you are starving, so you buy a candy bar from the vending machine. You are so tired after work that you buzz through the nearest fast food drive thru. Many athletes become concerned about nutrition weeks or days prior to an event, but nutrition is an important part of their training year round. A good nutrition plan supports training so that you are able to train efficiently and effectively and improve your health and performance. Let's get started. As you shape your diet, include these foods for optimal energy...

Read the [rest of the article here](#).

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 23-24, 2007

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

Florida's Great Escape Triathlon Training Program

One Step Beyond is the official provider of training programs designed specifically for the Florida's Great Escape Triathlon on March 11, 2007. The program kicked off on December 4 and can be pro-rated at \$10 per week. [Please 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](#)

Thanks for reading, and we wish you the best in '07!

Enjoy your sport,

Marty Gaal

One Step Beyond

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