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Sent: Monday, August 24, 2020 9:13 AM
To: marty@osbmultiposport.com
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The Next Level Newsletter - May 2017

Volume XIV, Issue III

Dear Marty,

The summer season is upon us. We hope you're feeling ready to race! This month's article covers how to step up your triathlon training without losing your mind.

We also are introducing two new training programs - a twelve week program for Ironman 70.3 North Carolina, and a high school age program preparing for the Rex Wellness Knightdale sprint triathlon.

In this issue:

- [Article: Leveling up the triathlon training](#)
- [New Programs: NC 70.3 training and high school training](#)
- [Recent athlete news](#)
- [Powerstroke DVD](#)
- [Bike workout of the month](#)
- [Jordan Lake Open Water Challenge results](#)
- [OSB coaching programs](#)
- [OSB training plans](#)
- [OSB sponsors](#)

2017 One Step Beyond open water clinics - May 14, July 08, Aug 05, Sep 16

OSB coaches offer several open water clinics throughout the spring and summer. The next clinic is Sunday, May 14 at Jordan Lake. The next one is on Saturday, July 08 at Harris Lake. Read the details and [sign up here](#).

Lightning Squad youth triathlon team summer program - Our 10 week summer/fall program from runs from July 16 to September 24. Each session includes 2 weekly coached

practices and ongoing program advice. We'll target local youth triathlons on or near our end date. The spring squad did great at the Tar Heel Youth Tri in Chapel Hill on May 07!

See all the [details and enroll here](#).

2017 Open Water workouts

1 hour practices at Jordan Lake in a controlled setting with a coach / lifeguard on a board.
[Open Water swim workouts](#) - April through September

Taking your training to the next level

You may have discovered a comfortable and achievable pattern for your triathlon training, but are ready to step it up a notch. How can you go about this?

There are a few different ways to phrase it, but they boil down to investing time, effort, or money.

The first step is to take a critical look at your current training program. If you don't have one, fix this. A *training program* is designed to improve your performance within a medium to long term time horizon. An *exercise routine* is a routine that helps you stay in shape, but doesn't consider long term performance improvement.

There's nothing wrong with engaging in a regular exercise routine. Doing so puts you ahead of [51% of the US population](#). But, the goals here are to keep you healthy and reasonably fit. You certainly can race in triathlon, open water swimming, or other events with a good routine.

But after a few months or years of this routine, your performance will plateau. You need to change it up with focused, specific training.

You can read a few books, hire a personal coach, find a well reviewed online training plan, or copy your buddy's program. The time/money you put into improving your personal plan is going to be closely correlated to the end result. Reading a bunch of good books and articles takes time. Hiring a good coach costs money. The answer for you is somewhere in there.

Within a well constructed endurance training program, there are some key rules to follow.

- 1) Plan the entire overview of the season first. So you know where you are, where you want to go, and how you're going to get there. There are a lot of different ways to achieve success. Some are minor variations while others are polemic opposites.
- 2) Build your endurance base with steady/moderate sessions. If this is established, move on to step three.
- 3) Engage in supplemental strength/core training and flexibility training. The primary reason for these is to help prevent injury. I know a lot of endurance athletes who poo-poo strength training and stretching. I also know a lot of chronically or permanently injured athletes.
- 4) Schedule your week or training block around key workouts that help you achieve the current goal within the program - with your eye on the long term goal. This focus will change throughout a season and throughout multiple seasons. If you've just finished a big bike block of training, chances are it's time to move to some other focus. And so on.

5) Plan your recovery days and weeks in a sensible manner. Virtually everyone should have planned recovery days. If you're over 40, you definitely need to take at least one if not two easy days per week. Easy doesn't mean you have to sit on your bottom. Just keep the effort low.

6) Stay on top of your nutrition, hydration, and sleep. These impact your daily life, your recovery time, and your ability to sustain a high workload of training.

7) Eat a recovery meal within 30-45 minutes of finishing your harder workouts. The [post-workout refueling window](#) starts to close after one hour.

8) Set interim goals, join training groups, and find local races that can help you keep the training fresh and enjoyable.

9) Listen to your body. Pushing through discomfort is one thing. Pushing through pain is a different beast.

In general, increasing your effort/duration by 10% a week and dropping back every 3-4 weeks is a safe approach. However, you need to be careful of increasing duration *and* intensity on a straight upward slope. Adding a one hour easy ride increases your weekly effort by about 'X'. Running twenty minutes hard also increases your weekly effort by about 'X'. Tools like [Trainingpeaks](#) can help you keep a handle on this.

10) Remember to have fun and take sensible breaks. If your training plan becomes a job, you might wind up firing yourself. :-)

Marty Gaal, NSCA CSCS, is a USA Triathlon coach. He has been working with endurance athletes since 2002 and is the co-founder of One Step Beyond. He writes training programs every day.

NC 70.3 program and high school training with Coach Sara Larson

[Coach Sara Larson](#) will spearhead two new training groups in the late summer and fall months.

Ironman 70.3 North Carolina training program

What: 12 week program with 6 coached practices (1 every 2 weeks)

When: August 1, 2017-October 21, 2017

Coach: Ironman Certified Coach Sara Larson

Cost: \$180 per athlete, race fee not included

Who: This 12 week program will be designed for beginner/intermediate level triathletes. You will receive the entire 12 weeks worth of workouts at the beginning. You will also have the opportunity to attend a coach lead training session once every 2 weeks. The time and location of these practices will be determined by a poll of the participants prior to August 1. If you are interested in an individually customized program, this is also an available option for an additional cost.

Minimum Requirements: you should be able to complete a 1,000 yard swim workout, a 15 mile bike workout, and a 5 mile run workout before August 1.

Read the details and [sign up here](#).

High School age triathlon training program:

What: 8 week high school (age 14-18) triathlon training program
When: July 22 - September 17
Head Coach: Ironman + Youth / Junior Certified Coach Sara Larson
Cost: \$125 per athlete, race fee not included

Have you aged out of the Youth Triathlons? Looking for a bit more of a challenge in distance and venue? Come train with USAT Youth and Junior Certified Coach Sara Larson to get ready for the final event in the Rex Wellness Triathlon Series in Knightdale.

Location and details: Each Saturday from 3-5pm - locations will vary between Chapel Hill/Cary/Jordan Lake

Practices will include pool swim practice, open water swim practice, biking intervals, running intervals, brick workouts, and the all important transition practice. The training program will also include a weekly emailed schedule of workouts to complete on your own.

Read the details and [sign up here](#).

Recent OSB athlete results

Angela Respecki 4th AG at the Subic Bay International triathlon
Dennis Respecki 6th AG at Subic Bay International triathlon
Coach Daniel 10th OA, 3rd AG at PR at MonticelloMan Half
Lisa Hoff 1st Master at Jordan Lake Open Water 2.4 miler
Angie Amisano 3rd AG at Jordan Lake Open Water 1.2 miler
Anne Macdonald 7th AG at Jordan Lake Open Water 1.2 miler
Marian Bergdolt 1st AG at Jordan Lake Open Water 1.2 miler
Coach Bri 3rd OA at Jordan Lake Open Water 1.2 miler
Curt Scovel 7th AG at Jordan Lake Open Water 1.2 miler
Kathryn Scovel 3rd AG at Jordan Lake Open Water 1.2 miler

Coach Sara 1st OA at Kerr Lake International (duathlon)
Kathryn Scovel 9th AG at Cary Duathlon Long Course
Mary Lou Buscemi 5th AG at Cary Duathlon Long Course

Marian Bergdolt qualifies for Boston Marathon at...the Boston Marathon!
Tom Lehr 11th OA at White Lake Half
Scott Cunningham PR and 7th AG at White Lake Half
Lindsee McPhail 1st AG at White Lake Half
Paul Amisano 9th AG at White Lake International
Morgan Farrell 9th AG at White Lake Sprint
Kory Gray 10th OA at La Jolla Half Marathon
Coach Bri 15th OA and PR at Tar Heel 10 miler
Frank Rexford PR at Tar Heel 4 miler
Joe Dillon 6th AG at Second Empire 5k
Coach Marty 2nd AG at Second Empire 5k

Laurie O'Connor 2nd AG at the Zion 55k Ultra run
Lindsee McPhail runs the Mountain to Sea 50k Ultra run
Tom Lehr 1st AG at Belews Lake Olympic triathlon
Thys Wind 1st Master at Belews Lake Olympic triathlon

Kathryn Scovel 2nd AG at Belews Lake Olympic triathlon
Curt Scovel 5th AG at Belews Lake Olympic triathlon
Joanne Piscitelli 1st AG at Belews Lake Olympic triathlon
Anne Macdonald 1st AG at Belews Lake Olympic triathlon
Coach Bri 1st AG at Belews Lake Olympic triathlon
Coach Daniel 2nd AG at Belews Lake Olympic triathlon

Kathy Larkin runs the Cherry Blossom 10 miler
Angie Amisano runs the Cherry Blossom 10 miler
Paul Amisano runs the Cherry Blossom 10 miler
Coach Marty 6th OA at the Not So Normal 1/2 marathon

Joanne Piscitelli 1st AG at Sampson County Super Sprint Triathlon
Coach Bri 1st OA at Sampson County Super Sprint Triathlon
Coach Marty 4th AG at Winter Park 10k
Kathryn Scovel 6th AG in the Nevis to St Kitts Cross Channel open water swim 2.5 mile
Curt Scovel 20th AG in the Nevis to St Kitts Cross Channel open water swim 2.5 mile

Tom Lehr BQ at Tobacco Road Marathon
Anne Macdonald PR and 2nd AG at Tobacco Road half marathon
Marian Bergdolt 2nd AG at Tobacco Road half marathon
Jason Schneider runs Tobacco Road half marathon
Paul Amisano PR at Tobacco Road half marathon
Angie Amisano PR at Tobacco Road half marathon
Lindsee McPhail 15th AG at Tobacco Road half marathon

OSB coaching programs

One Step Beyond multisport coaching

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.

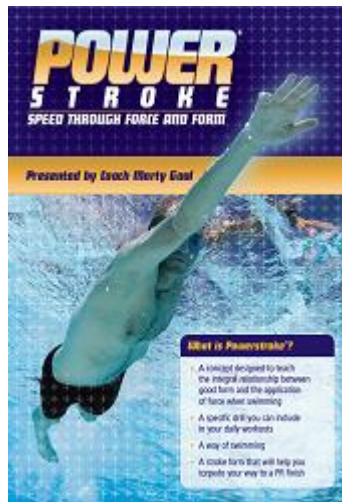
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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

Powerstroke: Speed through force and form DVD

Powerstroke® is Coach Marty Gaal's method for teaching competitive freestyle swimming technique to adult triathletes and open water racers. The Powerstroke® DVD was specifically developed for adult swimmers looking to improve their swim speed in triathlon, open water racing, and distance pool events.



Powerstroke® is:

- A concept designed to teach the integral relationship between good form and the application of force when swimming
- A specific drill you can include in your daily workouts
- A stroke form that will help you torpedo your way to a PR finish
- A way of swimming

The Powerstroke®: Speed through force and form DVD includes:

- 40 minute lecture: What is Powerstroke?
- 25 minute general freestyle swim technique analysis: The three types of freestyle stroke mechanics and how to progress to the strongest: High elbow catch / early vertical forearm
- 25 minute Powerstroke freestyle swimming technique in-depth explanation
- 1 hour of seven key drills and detailed descriptions
- 4 minute stretching and dryland exercise video

[Purchase your copy here!](#)

Premade training plans

OSB premade training programs are for athletes who would like to follow a well made training plan, but don't require ongoing coaching. These plans can be set so they can end on the day of your A race and include a free TrainingPeaks account.

One Step Beyond currently offers:

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

Beginner 16 week Olympic distance triathlon training plan - \$69.95

Beginner 10 week Olympic distance triathlon training plan - 49.95

Intermediate 10 week sprint triathlon training plan - \$59.95

Beginner 16 week sprint triathlon triathlon training plan - \$69.95

Beginner 10k run in 10 weeks training program - \$44.99

You can review and purchase any of our plans, [hosted on the TrainingPeaks platform here](#).

Bike workout of the month

This month's bike workout is focused on muscular endurance or International / Half-IM pace development.

Warm up:

20-30 minutes easy (could be longer) - build to 65-70% of FTP or low-mid Z2 by the end

3 x :20-30 hard 105-120% FTP or Z5a-b / 1:30-1:40 easy

5 minute easy

Main set:

3 or 4 x through

15 to 20 minutes Z3 or 80-85% for half-IM - 90-99% for international distance / 5 min easy between rounds. Start out on the easier side if unsure of your ability to hold the effort.

Cool down:

10-20 minute easy/comfortable to the finish

2017 Triangle Open Water Swim Series



The 2017 Jordan Lake Open Water Challenge was held on a beautiful Sunday morning. Our top finishers included:

2.4 miler women:

1st - Gabrielle Auerbach 52:53
2nd - Kathleen Pelczynski 58:35
3rd - Heidi Williams 59:23
Top Master - Lisa Hoff 1:01:33

2.4 miler men:

1st - Will Soleo 50:12
2nd - Samuel Tucker 50:45
3rd - Rob Jones 54:13
Top Master - Michael Bitzenhofer 56:37

1.2 mile women:

Kayla Bridgham 29:32
2nd - Anna Graham 30:00
3rd - Bri Gaal 30:08
Top Master - Cari Soleo 32:45

1.2 mile men:

1st - Jason Fox 24:17
2nd - Tom MCGowan 28:04
3rd - Derek Wall 28:33
Top Master - Erik Johnson 28:40

Registration is now open for our July 22 and October 15 swims. Visit www.fsseries.com to sign up today!

A couple pictures from photographer Dennis Geiser below:





The Triangle Open Water Mile Swim Series is brought to you by One Step Beyond and FS Series.

Our Sponsors

Thanks to the following organizations, that provide service and support to One Step Beyond athletes.

[Xterra Wetsuits](#)

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Frank Rexford, Guaranteed Rate

Frank Rexford



www.frankrexford.com

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.

My business is referral-based, with nearly 100% of my business coming from satisfied clients, trusted financial advisors and some of the most experienced realtors in the Triangle. I hope to earn your business by not only offering competitive rates and fees, but also by providing exceptional client service. Purchasing or refinancing a home can be stressful, and so my team and I will work hard to carefully guide you to a smooth closing.

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Clean Jordan Lake

Clean Jordan Lake is a grassroots nonprofit founded in 2009. Their stated mission is to restore Jordan Lake to a healthy and vibrant aquatic resource by removing trash from the shoreline and preventing its recurrence.

www.cleanjordanlake.org

VISIT OSB ONLINE

Sincerely,

Marty, Bri, and Daniel
One Step Beyond



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