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**Sent:** Monday, August 24, 2020 9:50 AM  
**To:** marty@osbmultiposport.com  
**Subject:** One Step Beyond Coaching Newsletter - November 2017



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## **The Next Level Newsletter - November 2017**

**Volume XIV, Issue VIII**

Dear Marty,

We hope you had a nice Thanksgiving, and have a great politically correct holiday season. Don't forget to get a workout or two in between family meals. :)

Our latest article is on how to use the TrainingPeaks platform effectively.

### **2018 clinics:**

We will publish our 2018 clinic dates on our website and in the newsletter by the end of December. Plans include:

March - run clinic

May - beginner level swim clinic

April thru September - monthly open water clinics

October - Powerstroke clinic

### **In this issue:**

[Article: Using Trainingpeaks effectively](#)

[2018 Triangle OW Series news](#)

[Recent athlete news](#)

[Powerstroke DVD](#)

[Bike workout of the month](#)

[OSB coaching programs](#)

[OSB training plans](#)

[OSB sponsors](#)

## **How to use TrainingPeaks effectively**

This is written assuming you are using a PC or Mac to view the program (which I recommend for anything detailed). The app interface on mobile devices is robust but may vary.

### **Calendar:**

The main function and screen is a shared calendar between yourself and your coach. Your coach will enter workouts with specific structure and target effort levels (or power, or HR, or pace), and estimated time to finish. Note that I enter most bike and run workouts with time goals vs distance goals, and swim workouts with distance goals. The planned time field is just a guideline/estimate, most completed workouts will wind up a bit over or under this. Not to worry.

You, the athlete, can enter your completed workouts via a direct file upload with [Garmin Connect autosync](#).

Trainingpeaks is also compatible with a bunch of other devices, you can read about [how to sync them here](#).

You can enter the workout manually by clicking on the workout box, and entering the time/distance and any details about the session in the "post-activity comments". These comments are very helpful whether or not you automatically uploaded the workout file, in order to get a view into your current mindset & physical condition.

You can also enter useful life/schedule issues by clicking the day and then adding any comments with the "Other" box. If you want to be sure your coach knows you're going out of town, this is the best way to do so. You can email or text me the details but if you want to be 100% sure I remember to plan around life issues, enter this directly into Trainingpeaks.

### **Analysis/Dashboard:**

In order to take advantage of the advanced analysis functions, you will need to have established one or more of the following zone fields under your Athlete Account Settings (found by clicking your name in the top right corner). Your coach should help establishing proper zones or paces. The order listed is the preferred order for calculating advanced metrics.

- 1) Bike functional threshold power OR lactate threshold HR OR threshold bike pace (MPH)
- 2) Run threshold HR or run threshold pace (min/mile)
- 3) Swim threshold pace min/100yd (what you could hold for 20-30 min continuous hard effort)

Strength workouts will not calculate a training stress score (TSS) unless you enter the time and a basic aerobic HR and have a reasonable default HR entered in your zones. I recommend you do so; as you know strength training is not a non-issue.

Click [here to read the entire article](#).

## **Triangle Open Water Series 2018**

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In 2018, we will begin offering a 0.6 mile race along with the usual 1.2 and 2.4 mile versions.

We have moved the first 2 events forward in order to avoid the high water temperatures we've experienced the last two years in July.

Our 2018 dates are:

March 25 - Jordan Lake Open Water Challenge

May 20 - Little Uno, Big Deuce, and Littler Uno

October 07 - The Triangle Championship Swim aka the Hurricane Swim

Registration is now open on the [FS Series website](#).

We hope to see you return in 2018!

*The Triangle Open Water Mile Swim Series is co-owned and directed by FS Series and One Step Beyond.*

### Recent OSB athlete results

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Craig Allgood 1st AG at the Just Think First 5k  
Tom Lehr 3rd Master at the Just Think First 5k  
Coach Bri 6th AG at Skinny Turkey half-marathon  
Marian Bergdolt 1st AG at the Ridgewood Turkey Trot 8k  
Tami Dorry beats goal time at the Inside Out Sports Turkey Trot 8k  
Jason Schneider 12th AG at the Inside Out Sports Turkey Trot 8k  
Coach Marty 3rd AG at the Just Think First 5k

Karen Crews beats goal time at RDC Half-marathon  
Marian Bergdolt beats goal time and 1st AG at RDC Half-marathon  
Anne Macdonald PR and BQ and 2nd Master at RDC Marathon  
Lindsee McPhail beats goal time and 5th AG at RDC Marathon  
Angela and Dennis Respecki run the Manila 12k trail run  
Coach Marty 1st Master at RDC 5k

Karen Crews runs the ATT 10 miler  
Jason Schneider runs City of Oaks 10k

Coaches Bri and Marty take 12th coed team at SwimRun NC

Laurie O'Connor 1st AG at Ironman 70.3 North Carolina

Marian Bergdolt 4th AG at Ironman 70.3 North Carolina

## OSB coaching programs

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# 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.

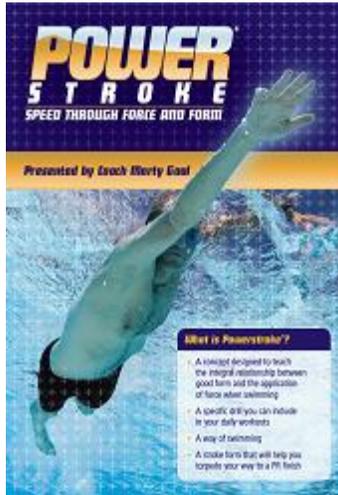
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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

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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

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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

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This month's bike workout is an anaerobic power session.

Warm up:

20-30 minutes easy

5 minute Z3 or 80-90% FTP

3-5 minute easy

Main set:

8 to 16 x :30 hard or Z5b-c or 110-200% of FTP. Close to as hard as you can go for 30 seconds. Recover 1:30 to 2:30 as need be very easy. Newer athletes should keep the level closer to 'hard' while experienced athletes can afford to go closer to all out for each rep.

Cool down:

10-20 minutes easy and a good stretch.

You will be sore the day after.

## Our Sponsors

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

[Xterra Wetsuits](#)

[Inside Out Sports](#)

[FS Series](#)

[Rudy Project](#)

[Set Up Events](#)

[Peak Form Massage](#)

[Athletic Edge Sports Massage](#)

[Drive Group, LLC](#)

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[Frank Rexford - Guaranteed Rate](#)



## Frank Rexford, Senior Mortgage Banker

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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.

Office - 919-929-6116  
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Email - [frexford@cimginc.com](mailto:frexford@cimginc.com)

[www.frankrexford.com](http://www.frankrexford.com)

## 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](http://www.cleanjordanlake.org)

VISIT OSB ONLINE

Sincerely,

***Marty, Bri, Daniel and Sara***  
***One Step Beyond***



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