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Sent: Monday, August 24, 2020 9:45 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - September 2017



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The Next Level Newsletter - September 2017

Volume XIV, Issue VI

Dear Marty,

Summer's here... summer's gone! Our latest article is about maintaining a positive attitude when tired & stressed.

Final 2017 open water clinic

Our last [open water swim clinic](#) is on Saturday, September 16 at Jordan Lake, from 815-1115AM.

In this issue:

- [Article: Staying positive](#)
- [Recent athlete news](#)
- [Powerstroke DVD](#)
- [Swim workout of the month](#)
- [Triangle Open Water swim series](#)
- [OSB coaching programs](#)
- [OSB training plans](#)
- [OSB sponsors](#)

Staying positive

It's easy to get down when you're tired, busy, and stressed. If you're training for an Ironman or other long distance event, and have a job, a spouse, and/or kids, you've probably experienced some version of this. Anytime you're starting to feel down in the dumps, take a moment for self reflection and ask yourself a few questions:

Are you sleeping enough? That's the number one solution to fatigue and emotional discord. Your mind and body need time to rest and absorb the life and athletic lessons of the day. Skipping sleep to do more stuff is a slippery slope.

Is your nutrition on track? If you're experiencing a chronic lack of calories it's easy to get hangry. If you're relying on quick food or prepared meals, your micronutrients may be off track. Take a look at your daily habits and make sure you're not deficient. A chat with a nutritionist can help. Keep healthy snacks handy. Consider supplementing with multivitamins.

Have you taken on too much? If you're president of the PTA and have a giant responsibility at work, your brain is firing on all cylinders for extended periods of time. Throw in some serious endurance racing goals and a few home related emergencies, and you hit the stress overload. Too much stress will generally make us anxious and unhappy. Take time to prioritize your life. Back off on what you need to, until you feel less unhappy about life in general.

Remember that endurance sports for 99.9% of us is a recreational activity. The definition of recreation (as given to me by Google), is "activity done for enjoyment when one is not working." Stick that on your wall and think about it next time you get grumpy about having to do a four hour workout from 4AM to 8AM because you want to go watch your kids baseball game at 9.

There is a time to suffer in training, and a time not to. Knowing the difference is a matter of experience and perspective. If you start to hate on things, you've gone over the edge.

While doing well and 'winning' in triathlon and other endurance sports can be great challenges and provide life goals, they are ultimately games. Games are supposed to be fun. Sometimes you will need to take a break from the game and focus on winning in life.

Keep it fun; keep it balanced. Stay aware of your overall mental state. Keeping your life manageable will help you maintain a generally positive attitude - which has a great impact on your eventual race day performance.

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 likes to balance on one foot while juggling.

Recent OSB athlete results

Kory Gray 5th OA at Best in the West Half
Joanne Piscitelli 1st AG at White Lake Fall Half
Tami Dorry 2nd Athena at White Lake Fall Sprint
Colleen McCarthy hammers the Blue Ridge running relay
Coach Bri pummels the Blue Ridge running relay

Angela Respecki 3rd AG at the Aboitiz Tri2017
Tim Gensler 1st AG at Boulder Sunset Triathlon
Kory Gray 5th AG at Ironman Coeur D'Alene

Tom Lehr 1st OA at Washington sprint duathlon
Lindsee McPhail 1st AG at Washington olympic duathlon

Marian Bergdolt qualifies for Worlds at USAT Nationals
Laurie O'Connor 1st AG at Lake Lure Triathlon
Tom Lehr 2nd OA at Rex Wellness Wakefield sprint
Tami Dorry 6th Master Athena at Rex Wellness Wakefield sprint

Larry Hamilton rides the Tarwheels 100 bike fest
Coach Sara rides the Tarwheels 100 bike fest
Coach Marty 3rd OA at Rex Wellness Wakefield sprint

Colleen McCarthy 1st OA at Summer Sizzler 5k
Thys Wind 1st OA at Lake Logan Half
Tom Lehr 15th Open at Lake Logan Half
Lindsee McPhail 5th AG at Lake Logan Half
Kathryn Scovel 12th AG at Lake Logan Half
Curt Scovel 15th AG at Lake Logan Half
Coach Sara 6th Open at Lake Logan Half

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.

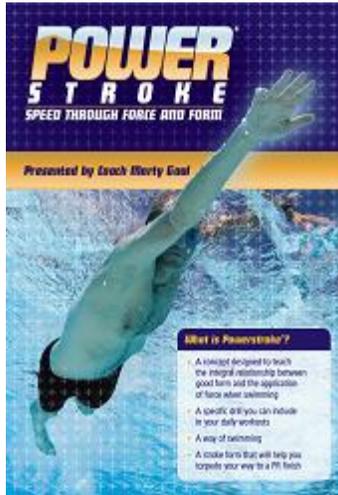
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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

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](#).

Swim workout of the month

This month's swim workout is a distance/Ironman focused set.

Warm up:

600 easy mix

8 x 50 odds drill, evens kick on :15

Main set:

6 x 100 descend 1-3, 4-6 to get the heart rate up a bit on :10-15

4 x 400 negative split on :30 (200 steady - 200 harder), optional paddles

1 x 800 steady to mod hard

Cool down:

100 easy

2017 Triangle Open Water Swim Series



Our last event is the Hurricane Championship swim on Sunday, October 15 at New Hope Overlook on Jordan Lake.

Visit www.fsseries.com to sign up today!

Photo of 2017 Big Deuce sunrise 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.

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Frank Rexford, Guaranteed Rate

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guaranteedRate®

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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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

VISIT OSB ONLINE

Sincerely,

Marty, Bri, Daniel and Sara
One Step Beyond



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FORWARD EMAIL

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