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Sent: Monday, August 24, 2020 9:55 AM
To: marty@osbmultiport.com
Subject: One Step Beyond Coaching Newsletter - December 2018



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The Next Level Newsletter - December, 2018

Volume XV, Issue VIII

Dear Marty,

Preparing for a new year!

As we head into the new year, it's a good time to finalize 2019 season plans (and start your tax preparations). New Year resolutions are fun things for youngsters to come up with, but the reality of sticking with them is pretty low. Coach Daniel has previously written about [SMART training and racing goals](#), and this month's article continues the discussion.

2019 clinic timeline:

- mid February - beginner swim clinic
- mid March - running form clinic
- mid April through September - open water swim clinics
- October - Powerstroke Freestyle technique clinic

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Article: It's a new year!

Wouldn't it be great if every January 1st, you could sit down and write out all your goals and ideal achievements for the year, then reach them with minimal effort and no interruptions to your lifestyle plan? Yes, it sure would be. But that's not realistic. Most of us don't succeed without foresight, planning, diligence, sweat, and tears.

Any time of year is a good time to sit down and think about what you want to do, where you want to be, and who you want to go. :) Winging it might work once in a blue moon, but I wouldn't make winging it a cornerstone principle of success.

Items to consider as you set pen to paper and scribble out your 2019 and onward plans:

Prioritization

If running your business is a number one [priority](#), then everything else falls in line. It may be keeping your family happy, or doing well in school, or being the best triathlete you can be. Don't confuse yourself with conflicting priorities. Always work your way down the list and make your decisions based on these. In the long run, folks that attempt to prioritize everything can fall as flat as those that take on too little. It's easy to burn out and hard to rekindle a spent flame.

Know yourself

If you are a horrible swimmer, don't expect to make the front of the pack in one season. If you can barely write a coherent sentence but want to be a best selling author... well, you have some work to do. [Understand](#) why you want to accomplish some thing. Don't delude yourself about your [strengths and weaknesses](#).

Set SMART goals

Specific: "I want to finish a marathon."

Measurable: "I want to finish a marathon under 5 hours."

Achievable: "Lots of people have run a marathon; so can I."

Realistic: "I ran a 10k under 1 hour last season."

Timely: "I want to run a sub-5 hour marathon by the end of this season."

[Read more here.](#)

Deal with setbacks

Nothing ever goes [exactly to plan](#). Life has a way of taking your perfectly laid plans and twisting them up into a pretzel. Those who generally succeed *navigate* these twists and turns with a fresh outlook/response/readjustment to each. Sometimes these twists lead you to reassess your goals. That's not a bad thing. Your achievements are yours; you don't need to measure yourself with someone else's yardstick.

Own your mistakes

A great failure in life is to blame your mistakes on others and/or the environment. An honest analysis and assessment of what went right and what went wrong is key to the repetition of success (re: reduction in failure!). The best and brightest inventions are often the end result of hundreds or thousands of failed experiments. The best athletes in the world are beaten repeatedly as they improve their game.

I hope you have a tremendous year this year!

Marty Gaal, CSCS, USA Triathlon Coach

Marty is the co-owner and founder of One Step Beyond (OSB). Along with Coaches Bri Gaal and Daniel Scagnelli, OSB has been working with endurance athletes since 2002.

Recent OSB athlete results

Angela Respecki runs the Angkor Wat Half-Marathon
Dennis Respecki runs the Angkor Wat Half-Marathon
Kasey Joiner 1st AG, 4th OA at the Wake Forest Frosty 10k
Laurie O'Connor 1st AG at the Run Across Durham 10 miler

Anne Macdonald 1st OA at the Derby 50k Ultra marathon
Kathy Larkin 1st AG at the Nashville 8 mile Turkey Trot
Kasey Joiner 3rd OA and PR at Skinny Turkey half-marathon
Craig Allgood 2nd Master and PR at Skinny Turkey half-marathon
Laurie O'Connor 1st AG at the Wake Forest Gobbler's Run 5k
Dan Shumate returns to road racing at the Knoxville 5k Turkey Trot
Marian Bergdolt 1st AG at Ridgewood Turkey Trot 8k
Israel Bilbao 2nd AG at Space Coast Half Marathon south course
Coach Marty 3rd AG at Skinny Turkey half-marathon

Dennis and Angela Respecki run the Pinoy 21k Challenge
Joanne Piscitelli take 3rd AG at the RDC Half-Marathon
Alisha Woodroof conquers Ironman Florida!
Lindsee McPhail conquers the Shut-In Ridge 17.8m trail run!

OSB clinics explained

Open water swim clinics

Approximately 3 hours, and includes:

- lecture on open water racing and training specifics
- lecture on swim training structure and approach
- in-water review and practice of skills
- swim practice courses under supervision

Beginner swim clinics

Approximately 3 hours, and includes:

- lecture on basic freestyle technique
- in water practice and drills
- individual filming

Powerstroke Freestyle technique swim clinic

Approximately 6 hours, and includes

- lecture on intermediate-advanced swim technique
- lecture on swim training structure and approach
- swim practice and drills
- individual video taping
- in-class review

Run form and training clinics

Approximately 3 hours, and includes

- lecture on run training for triathlon and run-only
- short run and drills practice
- participant videotaping and review

Please visit the [OSB camps and clinics](#) page for further details and to enroll!

Run workout of the month

Marathon on-off miles

Training for a marathon? Our marathoners enjoy this one!

Warm up: 2-3 miles easy
dynamic stretching + drills:
leg swings
jumping jacks
high knees
butt kicks
strides

Main set:
4 to 6 x through:
1 mile at goal MP minus 10 seconds
1 mile at goal MP plus 10-20 seconds
This is a continuous run - no rest breaks

Cool down:
1-2 miles nice and easy

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.

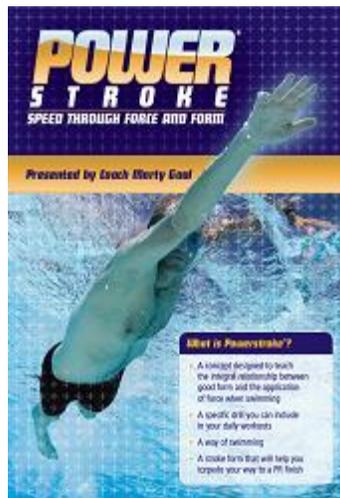
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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:

Beginner level 2 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99

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](#).

Our Sponsors

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

[Xterra Wetsuits](#)

[Inside Out Sports](#)

[FS Series](#)

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[Set Up Events](#)

[Peak Form Massage](#)

[Athletic Edge Sports Massage](#)

[Drive Group, LLC](#)

[Finis](#)

[Frank Rexford - Guaranteed Rate](#)



Frank Rexford, Senior Mortgage Banker

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 Coaches



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