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Sent: Monday, August 24, 2020 9:50 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - February 2018



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The Next Level Newsletter - February, 2018

Volume XV, Issue II

Dear Marty,

Our latest article below is on how to improve your swim speed and comfort.

2018 upcoming clinics:

- February 24 - 3 hour running form clinic
- March 17 - 4 hour beginner/intermediate swim clinic
- April 14 - 3 hour open water swim clinic
- May 19 - 3 hour open water swim clinic
- July 07 - 3 hour open water swim clinic @ Harris Lake
- August 11 - 3 hour open water swim clinic
- September 22 - 3 hour open water swim clinic
- October 20 - 6 hour Powerstroke freestyle swimming technique clinic

You can read all the details and sign up on the [OSB camps and clinics](#) page.

2018 Lightning Squad youth triathlon team:

We will also be hosting the Lightning Squad youth triathlon team in conjunction with Coach Brooks of All Out Multisport. Spring and summer sessions with 2x a week coached practice sessions.

Spring session 8 weeks: Wednesday, March 28 through Sunday, May 20

Summer session 10 weeks: Wednesday, July 22 through Sunday, September 30

You can view the details and [sign up here](#).

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How to improve the swim

There are just a handful of tenets you need to subscribe to in order to improve your swim. Swimming well is enormously dependent on technique. Survival swimming is a different story. You've already realized that survival swimming is not the greatest way to get through a triathlon or open water swimming competition. So what do you do next?

You can watch lots of [videos on Youtube](#). There are a number of pretty good explanatory drill videos and even a handful of longer discussions.

You can join a [local US Masters Swimming team](#). These teams usually have all level of abilities, and coaches on deck to run the workout and provide you with technique feedback. A lot of newer swimmers are intimidated by these groups. You have nothing to fear. Every person in the group was once someone who did not know the difference between early vertical forearm and Splashy McSplashyface.

You can have a couple [individual lessons](#) with a technique coach. This is a good investment of time and energy to quickly identify the key issues you need to work on.

You also need to get in the water! Without practice, you'll just be a video watching- and article reading expert. When you do get to the pool, your practice needs to reflect your level of ability.

Swimmers at the beginner level may swim 2-3 times per week. Pure competitive swimmers train more in the range of 5-9 times per week. Most adults are not professional swimmers who can get to the pool every day, and sometimes twice a day. So, you need to figure out how much time you can devote to your swim, in tandem with whatever other goals you may have like triathlon training, strength training, and so on.

I usually recommend 3 swim sessions per week to maintain the balance of time and life demands. Athletes competing in long distance marathon swims or with high-achieving goals in US Masters meets should swim more often.

Beginners: You should focus the bulk of your practice on improving technique with swimming drills. There are a bunch of drills out there, but for beginners you need to focus on the essential basics. Body position, comfortable breathing, and forward reach/extension. A practice like this can and should consist of lots of 50 yard repetitions of drills, a few 50s of kicking (fins if necessary), and just a bit of steady endurance swimming towards the end of the session. Essentially your drills training to endurance swimming ratio should tilt towards 75% / 25%.

Intermediates: As your mastery of the basics improves, you can graduate to more advanced drills. You should also start spending a larger percentage of your practice on improving strength and endurance. As an intermediate swimmer, your practice should be about 30% technique specific focus, and 70% 'just swimming'. That is a qualified 'just swimming' as you should continue to swim with good technique during these warm ups and main sets.

Advanced: Once you've conquered the key techniques involved with swimming, you can spend less time actively doing drills, and more time training speed, strength, and endurance. The key here is that advanced swimmers have ingrained patterns that continually reinforce good technique habits. An advanced swimmer should have a level of awareness of technique at all times during a workout. The ratio here for drills to training is closer to 10% / 90%.

All swimmers should break workouts into separate sets. I know some newer swimmers like to jump in and just swim laps. This is exercise and technically is training, but it is training without purpose. An occasional steady endurance swim is appropriate when training for longer swim races, but should be in the 1 time per 2-3 weeks when approaching your key event.

Workout structure for beginners

Warm up 200-300 yards, break as need be
Drills 8-12 x 50s working on specific technique issues
Kick 2-4 x 50s
Main set: swim 4-8 x 100s steady

Workout structure for intermediates

Warm up 300-500 yards, mix it up with optional non-free stroke, break as need be
Drills 6-8 x 50s for specific technique issues
Kick 4-6 x 50s or mix within the main set
Main sets: Between 800 to 1,500 yards with various effort levels
Cool down: 50-100 easy

Workout structure for advanced

Warm up 500-800 yards, mix it up as above
Drill/kick mix 8 x 50 or so
Main sets: 1,500-2,500 yards with various effort levels, can include sprints, equipment, hard kicking, and so on
Cool down: 100-200 easy

In general, main sets are broken up swims: 100s to 500s for endurance, 50s to 200s for mod-hard/tempo efforts, and 25s and 50s for sprints.

You can read more about swim training on the general internet, and we have a few articles archived on the [One Step Beyond](#) article page.

Marty Gaal, CSCS, is a USA Triathlon coach. He started swimming at age 10 and went on to compete in college and open water competitions. Marty is the head coach for One Step Beyond.

2018 OSB clinics

February 24 - Running form clinic

Approximately 3 hours, and includes:

- lecture on run training
- running specific plyometrics, stretches, and drills practice

- individual run videotaping
- in-class video review

March 17 - Beginner-intermediate swim clinic

Approximately 4 hour, and includes:

- lecture on beginner swim form
- lecture on beginner-intermediate level swim training
- swim practice including drills
- individual video taping
- in-class review

April 14, May 19, July 07, Aug 11, Sep 22 - 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

October 20 - 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

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

Triangle Open Water Series 2018



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:

April 15 - Jordan Lake Open Water Challenge (temperature expected to be 60-65 F)

May 13 - 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

Colleen McCarthy 3rd OA at the Uwharrie 20 mile trail run

Lisa Hoff swims the Galapagos Islands

Tom Lehr 1st AG at the UGTB Grind'n 10 mile trail run

Lindsee McPhail 2nd Master at the UGTB Grind'n 10 mile trail run

Coach Marty 1st AG at the UGTB Grind'n 10 mile trail run

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.

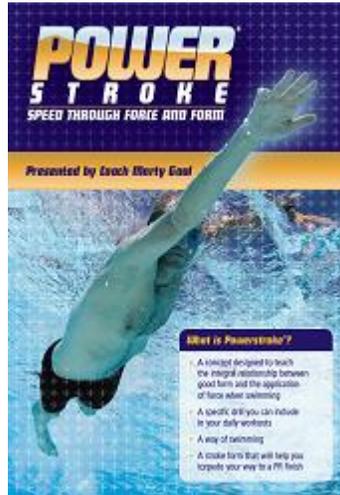
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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](#)

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[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, Daniel and Sara
One Step Beyond



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FORWARD EMAIL

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