

**From:** Coach Marty Gaal <marty@osbmultiposport.ccsend.com> on behalf of Coach Marty Gaal <marty@osbmultiposport.com>  
**Sent:** Monday, August 24, 2020 9:55 AM  
**To:** marty@osbmultiposport.com  
**Subject:** One Step Beyond Coaching Newsletter - October 2018



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## **The Next Level Newsletter - October, 2018**

## **Volume XV, Issue VII**

Dear Marty,

### **Powerstroke freestyle technique swim clinic**

We have secured November 24 for an end of season clinic in Cary, NC. This 5.5 hour clinic includes:

- 2 lectures on swim technique and training programs
- In water practice
- Individual videotaping
- In class video review
- Snack/Lunch

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

**2019 clinic dates will be published by mid-November.**

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## **Recent OSB athlete results**

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## October

Lindsee McPhail improves team time at SwimRun NC  
Coach Daniel has some first time fun at SwimRun NC  
Jason Schneider PR at American Tobacco Trail 10 miler  
Coach Marty 3rd AG at American Tobacco Trail 10 miler

Kathy Larkin drops time at Denver Half-Marathon  
Anne Macdonald 1st AG at the Medoc Trail run 10 miler  
Tom Lehr 1st AG, 10th OA at Medoc Trail run 10 miler  
Coach Bri 2nd OA at Medoc Trail run 5 miler

Greg Atkinson 5th AG at Toughman Tennessee (Half-Ironman)  
Shannon Scovel finishes strong at the Ironman World Championship  
Suzie Greengrass 11th AG at Ironman Louisville  
Paul Amisano 1st Ironman @ Ironman Louisville  
Israel Bilbao finishes strong at Ironman Louisville

Dennis Respecki runs the 10 mile Yakukt Run  
Angela Respecki runs the 10 mile Yakukt Run

## OSB clinics explained

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### 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

### 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!

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## Swim workout of the month

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### 4.8k distance set

Warm up (800):

500 easy

100 kick

Mini set (600):

12 x 50 as 1 kick, 1 drill, 1 build to fast on :15 rest, stroke choice

Main set (3200):

2 x through

1 x 800 steady to mod hard, paddles optional on :30-45 rest

8 x 100 negative split all on :10-15 rest

(IM'ers could do even #s IM on the 100s)

CD (200):

100 kick

100 swim

This sort of swim is for folks training for longer swims like 1,650 pool, Ironman(™) or 5k open water swims.

## OSB coaching programs

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*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:

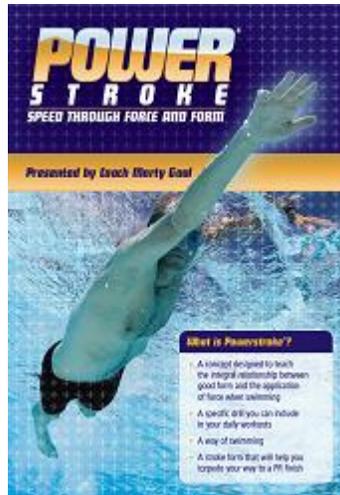
- Annual Training Plan
- A weekly schedule with specific daily workouts
- Weekly group training sessions
- Ongoing email support for all questions (client initiated)
- Ongoing phone support (<15 minute type conversations)
- Race day pacing and nutrition advice

- 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:

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

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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](#)

[Finis](#)

[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.

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[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, and Daniel***  
***One Step Beyond Coaches***



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