

**From:** Coach Marty Gaal <marty@osbmultiport.ccsend.com> on behalf of Coach Marty Gaal <marty@osbmultiport.com>  
**Sent:** Saturday, December 28, 2019 8:02 AM  
**To:** marty@osbmultiport.com  
**Subject:** One Step Beyond Coaching Newsletter - December 2019



[Website](#) [The Steps](#) [OSB Articles](#) [OSB Athletes](#) [Camps & Clinics](#) [About OSB](#) [Newsletter](#) [Sponsors](#)

**The Next Level Newsletter - December, 2019**

**Volume XVI, Issue VI**

Dear Marty,

We hope you are having a wonderful holiday season!

**Triangle Open Water Swim Series dates:**

- Sunday, May 3 - Jordan Lake Open Water Challenge
- Saturday, May 30 - Little Uno and the Big Deuce
- Saturday, October 3 - Triangle Open Water Championship

The first and last races will have .6, 1.2 and 2.4 mile options. The second will have .5, 1, and 2 mile options. Registration will open early in the new year on the [fsseries.com](http://fsseries.com) website.

**In this issue:**

- [Recent athlete news](#)
- [Article: Mission 2020](#)
- [Swim workout of the month](#)
- [Powerstroke DVD](#)
- [OSB coaching programs](#)
- [OSB training plans](#)
- [OSB sponsors](#)

**Article: Mission 2020**

---

Hard to believe, but 2020 is almost upon us. As we enter the new year, use the momentum you maintained in the off-season to launch into a terrific next season. :) Here's a brief checklist of ideas and things to have done sooner than later.

1. Tune up your bike. You may not need to have it overhauled, but if your main bike has been hanging on the wall for a couple months like mine, it would be good to inspect the tires, lube the chain, and maybe even clean the frame.
2. Figure out your group routine. I'm a primarily social trainer at this point in life, so my training revolves around the groups I can join. Your groups may have updated their schedules, so plan accordingly. If you train mostly solo, you can ignore this and just figure out your schedule.
3. Dial in the nutrition. The holidays are tough for even the strictest of healthy eaters, so when you return home, return to your normal healthy habits. Cut back a little if you packed on some [extra padding](#) over the holidays. 1-2 pounds a month is typically the safe and healthy way to shed extra weight.
4. Figure out your [race schedule](#). Many of you have already done this, but if you're still hemming and hawing, it's time to focus and finalize. Just pick one.
5. Finalize your goals. Even those of you who aren't feeling super competitive or motivated can pick some [concrete numbers](#) you'd like to see, based on the amount of work you are liable to put in.
6. Gear up. Don't let a lack of adequate cold weather gear (or whatever else) become your excuse for delaying training. For the bike, a one-time investment in cold weather equipment yields multiple seasons of no reason to not go outside.
7. Don't [overthink things](#). Ease into the training if you've fallen off the wagon. Sign up for a few classes or lessons. Just get going!

See you in 2020,

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, he has competed in numerous long distance triathlons, swims, and running events.

## Recent OSB athlete results

---

Coach Daniel PR and overall win the Banner Elk Reindeer Run 5k  
Tom Lehr 7th OA, 1st AG at the Run at the Rock 7 miler  
Angela Respecki 4th OA at the Coron Island Swim Challenge 6k  
Kory Gray 9th AG at the Holiday Half Marathon  
Marian Bergdolt BQ at the California International Marathon  
Kay Bergdolt PRs at the California International Marathon

Joanne Piscitelli 7th AG at the Alexandria Turkey Trot 5 miler  
Craig Allgood runs w fam @ the Skinny Turkey 5k  
Jim Fernandes 8th AG and PRs at the Wrightsville Beach 5k Turkey Trot  
Tom Lehr 2nd AG at the Wrightsville Beach 5k Turkey Trot  
Jason Schneider PR and 11th AG at the Inside Out Sports 8k Turkey Trot

Coach Bri 6th AG at the Inside Out Sports 8k Turkey Trot  
Coach Marty 12 AG at the Inside Out Sports 8k Turkey Trot

Tami Dorry rocks Ironman Arizona, her first!  
Jim Fernandes 1st AG at the Pinehurst Turkey Trot 5k  
Kory Gray runs fast at the No Frills 5k

## 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!

---

## Swim workout of the month

---

This is a "distance" workout with a focus on endurance and muscular endurance.

Warm up (700):  
300 easy

100 kick

6 x 50 drills - 1arm, dog paddle, finger drag, sculling, 1arm, 1x choice on :15

Main set (2,400):

3 x through:

1 x 400 steady optional paddles on :30

4 x 100 mod hard on :15

Advanced swimmers could increase these intervals to (1x600, 6x100) for a 3,600 yard main set.

6 (or 12) x 50 kick w fins, descend 1-3, 4-6 on :20

200 easy cooldown

Total: 3,800+.

## 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.

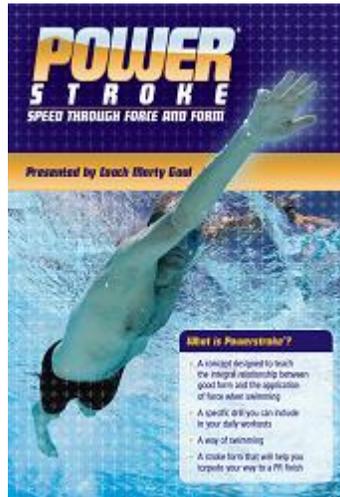
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- 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 Long Distance Triathlon Training Plan - \$79.99  
Intermediate 16 week Half Long Distance 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](#)

[Rudy Project](#)

[Peak Form Massage](#)

[Athletic Edge Sports Massage](#)

[Drive Group, LLC](#)

[Finis](#)

[Frank Rexford](#)



## Frank Rexford, Senior Mortgage Banker

---

I carefully guide my clients through the mortgage process so they are comfortable and confident as they make choices about the many mortgage options available for their financing strategy.

With 14 years of experience providing mortgages in the greater Raleigh, Durham, Chapel Hill Triangle area and throughout North Carolina, I have the knowledge and experience to close your loan smoothly and on time. My team and I will work hard to keep you well-informed from preapproval to closing, and I will remain available as a trusted adviser long after your loan has closed.

Whether you are purchasing a new home, refinancing an existing mortgage, consolidating debt, downsizing for retirement, investing in real estate, or simply considering a renovation project, I can find the loan that is right for you at a competitive rate. At Corporate Investors Mortgage Group, we work with many different lenders and investors in order to be able to find the right loan at a competitive rate for each individual client.

Office - 919-929-6116

Mobile - 919-360-7864

Fax - 919-869-1510  
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, and Daniel***  
***One Step Beyond Coaches***



SUBSCRIBE TO LIST

FORWARD EMAIL

Copyright © 2019. All Rights Reserved.

One Step Beyond, PO Box 4622, Cary, NC 27519

[SafeUnsubscribe™ marty@osbmultiposport.com](mailto:marty@osbmultiposport.com)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [marty@osbmultiposport.com](mailto:marty@osbmultiposport.com) in collaboration with



Try email marketing for free today!