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Sent: Monday, August 24, 2020 10:01 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - November 2019



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The Next Level Newsletter - November, 2019

Volume XVI, Issue V

Dear Marty,

Holiday season is around the corner. It's time to keep moving and bridge this season into next season!

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Article: Holidays are here again

It is easy to grow complacent during the holiday season. Family and friends are visiting, everyone's telling stories about the good old days, and food and goodies are plentiful. It's easy to justify being too busy to keep up with all your training, and you'll get back into the swing of things when the new year comes around.

Ten or fifteen pounds later, you ask yourself why you didn't keep up with the training, and OMG you feel so out of shape.

Here's your message for today: Where there's a will, there's a way.
(I'm a poet, now ya know it).

You can afford to ease off the throttle, and tone down your training efforts. But as many of us have learned from experience, it is harder and harder every year to keep the weight and fitness stabilized as the exercise volume goes down while the consumption volume goes up.

So do yourself a favor, and stick to some basic good habits through the season.

Don't be a glutton

You know the difference between a minor indulgence and pigging out. Sitting down for Thanksgiving dinner isn't a license to stuff your face with every goodie imaginable. Enjoy yourself but be reasonable with your portion control.

Learn to say no

You don't have to sample every plate, or imbibe every offered drink, or even meet every third uncle from out of town at the tavern. You are in control of yourself and your choices. Saying no isn't rude, or distressing, or anyone else's business.

Make time for yourself

This is my secret to sanity. When surrounded by lots of people, various activities, and out of town events, I just wander off and do my own thing for a while. That usually consists of a workout and the occasional visit to a coffee shop to just get some alone time. *People can function without you around for a few hours.*

Stick to a daily routine

If you typically work out first thing in the morning, just roll right through on that. Christmas morning with little kids might be an exception, but otherwise a holiday is just another day with a label attached to it. Your local pool might be closed, but your garage and bike trainer are open for business.

Train your family and friends

You don't have to be militant about it, but people can and will encroach on your time and energy. Not everyone gets it about training for an upcoming *-insert tough athletic event here-*. Help them help you with clear parameters about what you need to do in order to not become a screaming, miserable wreck by the end of the visit. For me, it's an hour of fresh air and exercise. And a nap.

Be nice

None of the above is meant to promote selfishness. What we're aiming at is finding the balance between being a good host or guest, and keeping your long term athletic goals alive and well. When you're with family and friends, be present in the moment and enjoy everything. When you're running down the trail, do the same.

Sign up for a Turkey Trot

This one's a no-brainer. The more you plan to eat, the longer you should run. :)

Happy holidays!

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 Bri 2nd OA at the RDC 5k
Coach Marty 2nd AG at the RDC 5k

Alisha Woodroof 20th AG at Ironman Florida
Lindsee McPhail runs the Shut-In 18 mile Ridge Run

Dennis Respecki 2nd AG at Subic Bay sprint tri
Laurie O'Connor and partner crush SwimRun NC - Hanging Rock
Joanne Piscitelli 20th AG at the Marine Corps Marathon

Christy Hoffman finishes her first Ironman 70.3 in Wilmington
Dan Shumate finishes his first Ironman 70.3 in Wilmington
Mike Swigon finishes his first Ironman 70.3 in Wilmington
Marian Bergdolt 4th AG and World qualifier at Ironman 70.3 NC
Todd Smyre 8th AG at Ironman 70.3 NC
Joey Rossi 12th AG at Ironman 70.3 NC
Liliana Cantrell relay runs at Ironman 70.3 NC

Tom Lehr 7th AG at Ironman Louisville
Jim Fernandes 36 AG at Ironman Louisville
Lindsee McPhail 2nd OA at White Lake Half
Tami Dorry 3rd AG at White Lake Olympic
Israel Bilbao runs sub 3:30 at the Chicago Marathon
Greg Atkinson 7th AG at Kiawah Island Golf Resort Triathlon
Coach Bri 1st OA & course record at The Dam Tri (Lexington, SC)
Coach Marty 2nd Master open at The Dam Tri

Alisha Woodroof conquered Ironman Maryland last weekend!
Tami Dorry 1st AG at Triangle Champs Hurricane 2.4 mile open water swim
Tom Lehr 2nd AG at Triangle Champs Hurricane 2.4 mile open water swim
Marian Bergdolt 3rd OA at the Triangle Champs 1k open water swim
Liliana Cantrell 1st AG at the Triangle Champs 1k open water swim
Greg Atkinson 4th AG at the Triangle Champs 1.2 mile open water swim
Coach Bri 2nd OA at the Sandling Beach F1 Sprint Triathlon
Coach Marty 3rd OA at the Sandling Beach F1 Sprint Triathlon

Liliana Cantrell finishes her first Ironman at Ironman Chattanooga
Lindsee McPhail 1st overall at Toughman Half South Carolina
Tami Dorry hangs tough at Ironman Augusta 70.3
Laurie O'Connor 1st AG at the Wildvine Half Marathon
Kathy Larkin runs the Colorado Springs 5k
Joanne Piscitelli 1st AG at Battle at Buckhorn Sprint Tri
Tom Lehr 2nd Master at Battle at Buckhorn Sprint Tri
Kory Gray 9th AG at Ironman Chattanooga

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

A progression run takes different forms, but the idea is that a runner gets faster throughout the main body of the workout. A harder distance progression run could look something like - 20 min easy - 30 min steady - 30 min tempo - 15 min threshold - 10 min cooldown.

Another way to do the same thing for shorter intervals workouts is described below.

Warm up 10-20 minutes easy

dynamic stretching - leg swings, jumping jacks, form drills like high knees, butt kicks, sideways, & hip openers

Main set

8 min comfy fast (think half marathon pace to marathon pace for newer runners) - 2 min easy

6 min tempo (10k to half) - 2 min easy

4 min threshold (5k to 10k) - 2 min easy

2 min at or over threshold (1 mile to 5k) - 2 min easy

1 min fast (1 mile-ish)

Cool down 10-20 min easy + static stretching.

You can adjust this for ability by reducing the time per interval, or dropping the 1 and 2 minute intervals. You can make it harder by repeating the series or increasing the starting interval time to 10-12 minutes.

Have fun learning to control your pace!

OSB coaching programs

One Step Beyond multisport coaching

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.

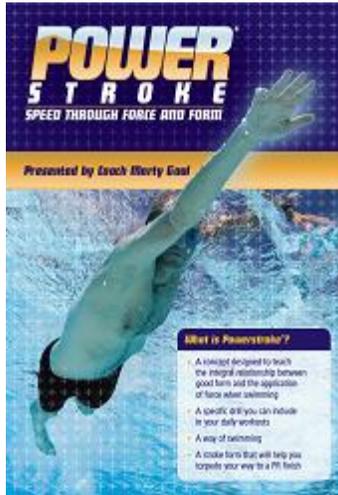
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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](#)

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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.

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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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