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Sent: Friday, August 21, 2020 10:28 AM
To: marty@osbmultiposport.com
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The Next Level Newsletter - August 2020 Volume XVII, Issue VI

Dear Marty,

Lightning Squad Fall Program

With the summer program wrapping up, we have enough athletes interested to host a fall training program. We will run 2-coach led practices per week for 9 weeks from September 30 through November 29. This program will include a mix of running, biking, hiking, strength & conditioning, all around skills development, and fun games. Social distancing is in effect. We may include some swimming if we're able to rent the space. The [Lightning Squad](#) page will be updated soon in order to sign up and read all the details.

2020 - Staying motivated

Mental fatigue has set in. Ugh. I don't know about you, but I'm over it. I want to go to a race. I want to have a party. I want...things to be normal. But they're not. So I'm grinding through it, just like you.

How do we keep our edge? The world hasn't stopped. Just our little corner of endurance sports. And it is normal to lose motivation when the goal line has disappeared. Big sigh.

Working out with friends (at a social distance, of course) has been helping tremendously. I may not be going as far or as hard as I could or would in normal circumstances, but it's something.

Reconnecting with my athletic roots has helped. Why did I get into athletics in the first place? It was to hang out with my friends. Speed and competition came after that, not before.

The available virtual events have given me a boost. I ran in a local series of virtual runs, and just competed in a virtual masters meet with a few of my USMS teammates. That was fun, and made me work hard! For those of you with more competitive tendencies, committing yourself to a seasonal virtual goal will definitely help.

We have been hosting a [weekly strength and conditioning class](#) online, and I've discovered a ton of great youtube hosts with excellent yoga, Pilates, and HIIT classes.

Most of you reading this newsletter have the luxury of living with first world problems. Anytime you start to get down about the worldwide situation, remember how much better you have it than many/most.

Stay safe, stay fit, and remember, racing will return. Unhindered group workouts will return. Normalcy will return! When you need to, take yourself for a walk in the woods, take a deep breath, and keep on keeping on.

OSB Open Water Clinics

Jordan Lake recreation areas remain closed until the middle of September at this point. We may host an open water clinic after that, if the lake reopens.

You can read details about our comprehensive 3 hour clinics and [sign up here](#).

Run workout of the month

Get yourself in shape for a virtual half-marathon!

Warm up:

2-3 miles easy

Leg swings, jumping jacks, 2 x high knees, height skips, sideways, and strides

Main set:

5-6 x 5 minute tempo/half-marathon pace with 2 or 3 minute easy-steady jog between. The fitter you are, the 'steadier' your recovery pace should be. If you are in great shape, do the last 2-3 work intervals at closer to 10k/LT effort.

Cool down:

1-2 miles easy

OSB athlete news

Consistency is key!
Some is better than none.
Have fun!



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

Our usual local training schedule

Please RSVP if you plan to show up to a training session. If no one checks in, we may stay home and delay cleaning the house.

Bri - brianne@osbmultiport.com
Daniel - daniel@osbmultiport.com
Marty - marty@osbmultiport.com

Day/Time | Location | Workout | Coach

Tuesday | Harrison (Reedy Creek) entrance to Umstead | 7+ mile trail run | Marty
900 AM

Tuesday | Online | Core training
500 PM

Wednesday | OSB HQ | 25m ride | Marty
1000 AM

Thursday | Old Reedy Creek entrance to Umstead | Interval run | Bri / Daniel
630 AM

Saturday | Soft surface somewhere | Long run | Bri
Varies

Sunday | Varies | 30+ mile ride | Bri or Marty
Varies

Come join us!

OSB pre-made training plans

If you're not quite ready for full time coaching, but need some structured guidance, check out the OSB premade plans below:

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

Intermediate 10 week sprint triathlon training plan - \$59.95

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

Beginner 16 week sprint triathlon triathlon training plan - \$69.95

Beginner 16 week olympic distance triathlon training plan - \$69.95

Beginner 10 week olympic distance triathlon training plan - 49.95

Beginner 10k run in 10 weeks training program - \$44.99

All the programs are hosted on TrainingPeaks. Each program comes with a free basic account. You can check out [the details here](#).

OSB Sponsors

Frank Rexford

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.

www.frankrexford.com



Boone/Beach Mountain area rental from Coach Daniel

We can offer the OSB crew/people on the distro the friends and family discount of \$100/night + cleaning fee. It is a pretty solid discount from our standard rates (\$140/night).

Here is the VRBO link if you are interested: <https://www.vrbo.com/738502?unitId=1286440>

Quote of the month:

He who gives when he is asked has waited too long. ~Seneca

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