



Greetings and welcome to the Next Level Newsletter - Volume V, Issue IV. April, 2008!

**In Athlete news:**

- Sean McFadden PRs at St. Anthony's Triathlon
- Michelle Harwood PRs at St. Anthony's Triathlon
- Bri Gaal takes 9<sup>th</sup> elite amateur at St. Anthony's Triathlon
- Cam Cole finishes Ironman China despite the intense heat and illness
- Rudy Kahsar takes 6th overall, 4th undergraduate at USAT Collegiate Nationals
- Congrats to Mike Napoli, PRing on a tough day at Ironman Arizona
- Congrats to first time IM finishers at Ironman Arizona: Julie Scott, Candice Pulliam, Kelli Eady, Keith Robinson, Craig Dobson, Dave Tatersall, and Lamar Standish
- Macall Dyer takes 4th AG at the Escape from Ft Desoto Triathlon
- Alysia Kern-Lovgren takes 3rd overall at the Triangle Orthopaedic Centennial Sprint Tri

**Powerstroke Triathlon Clinic, June 28, at Triangle Aquatic Center, Cary NC**

[Join us on June 28](#) at the Triangle Aquatic Center in Cary, NC. This six hour triathlon clinic will include a Powerstroke swim practice with open water swimming techniques, a running drills session, and three lectures related to triathlon training. Lunch and a CD of camp materials are included. Cost is \$85 for OSB athletes and return attendees, \$95 otherwise.

[Click here](#) to register today!

**OSB Blue Ridge Mountains Summer Camp – Lake Logan, North Carolina August 18-24, 2008**

Join us for a scenic triathlon training camp in the beautiful Blue Ridge Mountains of Western North Carolina! One Step Beyond campers will stay at the Lake Logan Episcopal Center in Canton, NC. The Episcopal Center is located on pristine Lake Logan and offers 300 acres of privacy and mountain solitude, with summer temperatures in the low 80s.

Cycling access to the Blue Ridge Parkway is just a couple miles away, and the surrounding state and national parks offer extensive hiking/running trails. Historic Asheville and Waynesville are both just twenty minutes away. This is going to be a great summer getaway for outdoorsy types. [Read all the details here.](#)

## **OSB Cary Masters Swimming – Cary, NC**

Practices are held Monday, Wednesday, and Friday mornings from 6-7 AM at the Triangle Aquatic Center. Dues are \$45 per month and include entry into the facility. For all the details, [click here](#).

### **Running Intervals**

Running intervals are a useful part of most running and triathlon training programs. Athletes training for shorter, fast races will spend more time at higher intensities than athletes training for long races. Intervals serve a number of different functions – train athletes to run at race pace; improve biomechanical efficiency at race pace; improve lactate threshold and lactate buffering capacity; keep the anaerobic system from going stale; and break up training monotony.

A few sample running interval workouts (always warm up and cooldown at least 10 minutes):

#### Short (2 mile to 5k)

8-12 x 400 (or 1:30) at lactate threshold effort with 1 minute easy between each  
2 x 400, 1 x 800, 1 x 1600, 1 x 800, 2 x 400 at 10k effort or just under threshold  
4-6 x 800 at 5k or over-threshold effort with 2-3 minutes jog between  
12 x 200 at 1 mile race pace with full recovery (3-5 minutes)

#### Mid distance (10k to half-marathon)

4-6 x 1 mile at 10k / under-threshold effort with 1-2 minutes between  
3 x 2 mile at half-marathon pace / tempo effort with 3-4 minute jog between each  
2 x 15-20 minutes at half-marathon / tempo effort with 5 minute easy between each

#### Distance (marathon)

8-12 x 1 mile at marathon pace with 1 minute rest/jog  
8 x 800 at half-marathon effort on 1-2 minute rest/jog  
Long run alternating 3 minutes fast / 3 minutes easy for up to one hour

Note: New athletes and athletes with repetitive injuries or heart conditions should avoid most types of intervals until cleared by their doctor.

### **Ready for coaching?**

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Coach Melissa Hall](#)

[Coach Brianne Gaal](#)

Enjoy your sport,

Marty Gaal

One Step Beyond

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