



Greetings and welcome to the Next Level Newsletter, Volume II Issue II. From the other side of the world!

Straight to athlete news:

- Jeff Zipperer PRs at the Melbourne 10k
- Jamie Doyle PRs at the Park Avenue 5k
- Steve Vaughn PRs at the Gulf Beaches Half-Marathon
- JD Strickland PRs at the Miami Half-Marathon
- Leslie Rigüero takes 3rd AG at the Valentine's Day Duathlon
- Congrats to Matt Thibodeau and Brianne Gaal – USAT All-Americans in 2005

Congrats to OSB Assistant Coach Marc Bonnet-Eymard – Competitor Magazine/Inside Triathlon USAT Amateur of the Year!

What's new:

The OSB research department has been hard at work outside Sydney, NSW trying to figure out why the Aussies are so good at triathlon. What we've discovered:

- Swimming is a national sport – Grant Hackett and Ian Thorpe are as big as Michael Jordan or Derek Jeter
- The weather is nice
- The riding is great and there are extensive national parks just outside the metropolitan area
- There are lots of training groups
- They have well-developed junior teams and competitions
- They have the right attitude for tough challenges – this is not a wimpy culture

Training ideas: cold vs temperate winter months

Athletes in cold climates are dealing with the challenges of indoor riding around this time of year. I heard a blizzard went through New York a few days ago and dropped three feet of snow on the ground. Not very good for outdoor riding! A few tips when riding indoors due to the climate:

- Use a computrainer for variable terrain
- Get some good Spinerval DVDs and bike racing DVDs to keep you occupied on easy long rides
- Have your spouse or children read you stories while riding (that's a joke)
- Be sure to have air circulating to keep you cool
- Warm up and warm down properly
- Take up cyclocross, mountain biking, snow shoe running, ice skating, and cross-country skiing as excellent cardiovascular and strength building cross-training hobbies

Athletes who live in warmer climates during the winter months are faced with a different set of challenges. Perhaps the main one is to avoid overtraining during this time of year. In Florida, Texas, Arizona, and California there are plenty of foot and bike races to keep you occupied; perhaps too many. Be sure to build up a sensible plan that enables you to peak for your most important race, be it in May, July, or November. There are plenty of "March heroes," athletes who are in incredible shape in the early months due to extensive training in the off-season...but then off the radar when the timing counts.

OSB Short Course Training Camp

Join us from June 2 to June 4 in Clermont, Florida for our short-course training camp! This weekend will focus exclusively on training and racing strategies for short-course triathlon, and the camp will finish with your choice of a sprint or olympic-distance race. The camp is limited to twenty athletes, so sign up soon to reserve your spot. This is perfect timing for athletes focusing on USAT Age Group Nationals on July 8. [Click here](#) for all the details.

Racing Down Under:

On Sunday, Bri and I competed in our first Australian triathlon, the Foreshore Newcastle Sprint Triathlon in Newcastle, about 3 hours north of Sydney. This was a .5k, 18k, 4k, with five somewhat technical laps on the bike. Heaps of fun, as the Aussies might say. Bri took 4th OA woman and I was 14th OA male. We were both quite pleased with the day!

We also raced in the Cole Classic 2k at Manly Beach a couple weekends ago. That was good fun. We found out later there was a 3 meter shark sighted during the 10k, which took place a couple hours before we started. Good thing they chased him off. 😊

Next up is the Hobart International Triathlon on February 21st, which serves as a World's qualifier for the Australian team. It will certainly be an interesting experience. After that we're off on a 10-day bike tour of Tasmania, the small state off the southern coast of mainland Australia. One-third of Tasmania is national park, and everyone we've talked to has said it's a beautiful place. Should be great.

Travel log:

We've been doing our best to keep a decent travel log, [linked here](#). Check it out if you get bored at work.

Picture of the month: The Beach pool in Collaroy, NSW



Newsletter Submissions:

If you're a subject matter expert and would like to submit training, racing, equipment, psychology, or nutrition ideas, please drop me an email. I am happy to send out info that is beneficial to everyone.

That's all I have for you this time!

Enjoy your sport,
Marty Gaal
One Step Beyond Multisport
www.osbmultisport.com
a Joe Friel's Ultrafit Associate

[newsletter archive](#)

To unsubscribe from this newsletter, tell me what's somewhat unique about the national animal of Australia.