



Howdy and welcome to the Next Level Newsletter, Volume III Issue VII.  
Courtesy of the US National Park System.

**Straight to athlete news:**

- Mike Napoli takes 2nd AG, 18th OA at the 1st Annual Heartland Triathlon
- Beverly Currin takes 3rd AG at the Moss Park Sprint
- Lisa Jefferson PRs her open mile time
- Bri Gaal takes 2nd AG at USAT Nationals
- Alex Jones takes 2nd OA at the Weight Handicap 5k and 2nd OA at the 7-20 Supersprint
- Matt Thibodeau takes 5th OA at the San Jose International Triathlon
- Doug Campbell goes top 10% overall and Stephen Medeiros conquers his first at Ironman Couer de'Alene
- Tim Gensler takes 8th AG at the Lake to Lake Triathlon

**Picture of the Month – Grand Teton National Park, Wyoming**



**OSB Powerstroke Triathlon Clinic**

Our next one-day clinic will most likely be held in mid-November. Please keep an eye on our website and this newsletter for a final date and subject matter. As always we're happy to cover the subjects you'd like to discuss.

## **Brian Harrington, running for USAT Florida Regional Rep**

Vote for Brian this fall, not only is he a great guy, he's my father-in-law and sponsor-for-life! [Read all about it here.](#)

### **Training tips – Running Quick off the Bike**

It can be the best feeling in the world, or your worst nightmare. Running off the bike during short duration triathlons is always a challenge. Running fast is even tougher! Go just a bit too hard during the bike leg, and your legs turn to concrete blocks. Drink a bit too much, and stomach cramps will shut you down. Here are a few tips to keep your feet turning over quickly as you head out of T2 at your next sprint or olympic distance triathlon.

During base training:

- Run off the bike at least once a week
- Stay on top of your strength/core training routines
- Practice your running form drills

During build and peak season training:

- Include bike-run bricks during training 1-2 times per week
- Run fast off the bike for a few minutes (5-15min) 1x per week
- Include running drills that emphasize turnover speed during training – high knees, fast feet, and strides
- Learn your race pace by including bike and run race simulation efforts
- Include standalone interval/threshold training (Z4/5a)
- Include an occasional transition workout – something like bike 10-20minutes, run 5-10minutes three times through, building effort through each interval

During the races:

- Spin your legs and drop your effort during the last couple minutes of the bike leg, relax your breathing
- Focus on fast turnover and relaxed upper body as you head out of T2
- Keep your breathing under control and fluid
- Maintain good form, drive with your knees, land on your forefoot
- Pick landmarks and run to them / break the run into smaller pieces – focus on the next minute rather than the following fifteen
- Always work the finish, you never know who you might be competing with!

There's always more, but we're about to head out on a 320 mile bike tour through western Montana. It is beautiful out here!

Until next time,

Enjoy your sport,  
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