



Greetings and welcome to The Next Level Newsletter, Volume III Issue X. The last one sent to you from the Southern Hemisphere (this year, anyway).

Straight to Athlete news:

Chris Scott PRs at the Run for the Pines 5k

Candice Pulliam, Debbie Darr, Cyndi Hulin, Jeff Brady, Mike Napoli, Bill Coletti, Paul Menegazzi, and Lamar Standish (First Olympic) all PR at St. Anthony's

Anthony's

Jamie Doyle and Sean McFadden PR the course at the Runner's High Miami Olympic Distance Tri

Jeff Brady takes 1st AG at the Runner's High Miami Sprint Tri

JD Strickland, Debbie Darr (3rd AG), Candice Pulliam, Beverly Currin, Julie Scott, and Mike Napoli all PR at the Gulf Coast Half Triathlon

Jay Small PRs at the Sarasota Sharks Olympic Triathlon

Doug Campbell PRs and takes 9th OA at the Lake Chatuge Half Triathlon

OSB One-Day Powerstroke Triathlon Clinic

Due to popular demand, we'll be offering a one-day clinic on Saturday, June 3 instead of a weekend camp. This clinic is limited to 20 athletes and there are only 8 spots left, so sign up soon if you want to join in the fun!

Here's a brief agenda:

- 7:00-7:15 - Meet and greet
- 7:15-8:30 - Powerstroke swim practice
- 8:45-10:15 - Classroom lectures (snacks provided)
- 10:30-11:15 - Running drills
- 11:30-12:30 - Classroom lectures
- 12:45-1:30 - Lunch & informal discussions
- 1:30 - Clinic ends, optional bike ride with the staff

We will be discussing a variety of training-related subjects, lunch is included, and everyone goes home with a CD of camp materials. Cost is \$85 for current OSB Athletes, \$95 all others. [Please click here](#) for full information and directions on signing up.

Training in the Heat

It's that time of year in the Northern Hemisphere when the asphalt really starts to cook. It's getting hot! Some athletes acclimate more quickly and deal better with the heat than others. Whichever boat you find yourself in, here are a few quick tips for those of you living and training in a hot (and possibly humid) environment.

Increase your total fluid intake both during training sessions and throughout the rest of the day. A common occurrence among endurance athletes is to play catch-up with fluid intake post-workout, resulting in a state of chronic dehydration. One of the common symptoms of dehydration is fatigue. Imagine training for an Ironman. Now imagine it with the added challenge of dehydration-induced fatigue on a daily basis (not to mention the performance erosion dehydration causes). Drink more water.

Consider adding electrolyte supplements to your nutrition plan during training. There are plenty of choices out there, ranging from regular table salt or engineered electrolyte supplements that you could add to your current drink or take in pill form, to specific formulas designed to help you meet the needs of extreme environments. One of these is [Ultrafit's Heat Mix](#). It contains a higher amount of sodium and lower carbohydrate concentration than other products available.

Endurance athletes on a low sodium diet or athletes with a high sweat rate may find that they will need to add salt to their foods while training in extreme conditions. Those of you with pre-existing hypertension should consult a sports-knowledgeable MD about your specific situation.

Sleep more. As your body adjusts to the demands of training and racing in a hot environment, it will more than likely demand more rest in between sessions. Rest and recovery are equally important parts of your training regimen.

Pace yourself appropriately. For most of us extreme conditions require that we adjust our pacing and use perceived exertion and heart rate during training and racing. It doesn't matter if you can run a 17:00 5k in 50 degree and dry weather. If it's 90 degrees and 85% humidity, you will more than likely need to slow down (or face heat related illness).

A number of studies have shown that pre-cooling before exercise in hot and humid conditions can improve performance during the session. It seems that most of these studies include a training session of 30 minutes, so the utility of a cold shower before a five hour bike ride may be limited. However, putting ice on your head and neck in between running intervals on a hot day can certainly help.

Thinking cool thoughts also helps! ☺

Picture of the Month: Collaroy Ocean Pool, NSW, Australia



USAT Board of Directors Regional Representative

One of my favorite athletes, Brian Harrington, who also happens to be my father-in-law, is running for a USAT board spot. Brian has been involved with triathlon for more than twenty years and is a former race director of St. Anthony's Triathlon. He also announces at many of the FL west coast events. Please [click here](#) to see how you can support him in his bid to help keep our sport going strong.

De Soto Sponsorship

OSB Athletes are now officially sponsored by [De Soto Clothing](#)! Many thanks to Emilio and the gang for their support. Those of you who ordered outfits should have them by mid-June.

That's all for this month, see you at the races!

Enjoy your sport,
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