



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue XI. In November-
vision!

Straight to OSB athlete news:

- Steve Vaughn PRs by 24 minutes at the Miami Man Half Triathlon!
- Duncan Rougier-Chapman takes 1st AG at the Old Reliable 10k!
- Bri Gaal takes 3rd OA Old Reliable 5k!
- Kathy Larkin PRs nearly one minute at the Veteran's Day 10k, taking 5th out of 44!
- Craig Dobson runs the New York City Marathon, his first!
- Michelle Harwood, Chad Rucks, Todd Floeid, and Cameron Cole all have great days at Ironman Florida, their first!
- Bruce Atlee breaks 12 and PRs at Ironman Florida!
- Jennifer Davis and Kathy Larkin beat their goal times at the Soma Half-Iron, their first!

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](#).

OSB Winter Break Training Camp – Clearwater, Florida

February 20-24, 2008

We're getting psyched for a few days on the beach in February! Clearwater Beach and the surrounding areas have something for everyone. Come on down for a few days of cool weather training on the West Coast of Florida in February, 2008.

We will be hosting a long distance training camp based out of the Clearwater Beach area, using multiple designated greenways for our long rides, and swimming and running on the beach. We're offering a five day version (Wednesday - Sunday) and a three day version (Friday - Sunday). [Click here](#) for the full description.

One Step Beyond Action Wear

If you'd like to show off the OSB colors, check out our new [Café Press Merchandise store](#)! Everything you need to be the coolest kid on your block.

Training Tips – New Season, New Goals

[Coach Marty Gaal](#)

Most of you have probably already planned your 2008 season, since so many races sell out quickly. Whether you have or not, here are a few tips to setting up your training plan to make the most out of your season.

- Plan your endurance/base phase 12-20 weeks out from your key race

- Plan your build periods / (muscular and anaerobic) endurance phase 4-12 weeks out from your key race
- Plan for a peak/taper period of 1-3 weeks
- Plan 1-2 easy weeks after your key race
- Focus the early season on your weaknesses and limiters
- Remember to plan rest days and weeks within each training period
- More is more, but it's not always better
- Adjust things as needed to maintain balance in your every day life
- Have some fun while you're at all this
- Find some friends to travel with!

Nutrition tips – Nutrition During the Off Season and Holidays

By Jennifer Patzkowsky

Yet another holiday season begins. Bring on the turkey and trimmings, pumpkin and pecan pies. With training season on the low down, it is not difficult to pack on the off season pounds. With a survival guide and a plan of action you don't have to skip the traditions and feasts of this time in order to remain at a competing weight.

MAINTAIN CALORIC BALANCE: Eat more nutrient dense foods

Even if you are continuing a strength training regimen, cut out the use of sports nutrition energy bars, drinks and gels, which are formulated for endurance (such as Endurox, Accelerade, Gu, etc). Be aware of caloric dense foods versus nutrient dense foods. In place of the bars, opt for fruits, vegetables and whole grains which are more nutrient dense as opposed to calorie dense bars and gels. Dense carbs that were important for glycogen restoration, such as power bagels, can be replaced with lighter, lower calorie whole grain breads, such as whole wheat English muffins or bread.

STROKE YOUR METABOLISM: Eat often.

Metabolism is raised when you eat every 2 to 3 hours. Keep up with this philosophy even through the season. Do not save calories for a big festive meal. Have a snack such as an apple or a light meal such as a salad or soup before facing a huge buffet.

Eating every few hours also means keeping portion size appropriate. You may have gotten used to eating larger portion sizes while training and old habits die hard. Remember, ½ cup cooked pasta, rice or potatoes is a realistic serving size for weight maintenance, whereas these portions may seem extremely tiny when you are faced with festive meals. Eat more fruits and vegetables (nutrient dense foods) to make up the difference.

Moderation and consideration are the keys to enjoying any holiday dinner, and you shouldn't feel as though you have to deny yourself your favorite foods this year. Just watch what goes on your plate, and how it is cooked. Turkey, for example, is low in fat and high in protein. White meat eaten with out the skin provides a healthy delicious base for a holiday meal. Add some steamed vegetables and a small of sweet potato with a dash of cinnamon, and you have quite the feast. Of course, don't deny yourself a sliver of pie, but be prepared to burn off those calories.

Jennifer Patzkowsky, MS, RD/LDN, is a competitive endurance athlete who provides nutritional counseling and meal planning to athletes and people interested in improving their health/fitness. For more information on her services, please contact her at (863) 513-2635 or floridardld@hotmail.com.

OSB Forums

We had to reload our forum, but come on in! Join our [flame-free discussion forum](#) here. All athletes are welcome.

Ready for coaching in 2008?

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Coach Melissa Hall](#)

[Coach Brianne Gaal](#)

See you on the road!

Enjoy your sport,

Marty Gaal

One Step Beyond

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