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Sent: Monday, August 24, 2020 9:50 AM
To: marty@osbmultiposport.com
Subject: One Step Beyond Coaching Newsletter - August 2018



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The Next Level Newsletter - August, 2018

Volume XV, Issue V

Dear Marty,

Summer kept us busy as a bee! We hope you have been having a good one.

2018 upcoming clinics:

Spots remain:

September 22 - 3 hour open water swim clinic - last OW clinic for 2018

Late Oct or Nov TBD - 6 hour Powerstroke freestyle swimming technique clinic

You can read all the details and sign up on the [OSB camps and clinics](#) page.

Open water training sessions:

We have updated the second half of the 2018 summer workout plan. The next one is coming up on Thursday, September 06. You can [check the details out here](#).

2018 Lightning Squad youth triathlon team:

We have one month left in the Lightning squad summer program. Most of the group just competed in the second event in the Tar Heel Youth Triathlon Series!

You can view the details and [sign up here](#). We are happy to prorrate the remaining weeks.

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Racing local

You have probably heard this before, but participating in your local events is a good long term decision. I am always somewhat baffled by athletes who only want to do some faraway 'premier' event but express no to little interest in a race that is down the street from them. It is unfortunate event elitism. Here are a few good reasons to participate in at least a handful of events in or near your town.

Practice!

Doing a few events that are convenient to you allow you to run through all the activities you will need to do on the big day, but without the total stress of travel, competitor psyche-outs, and so on. You can learn what works and what does not. You can get a good workout in and call it a day. You can test out a few strategies to see what works best for you.

Sure, you can make the argument that you can do all this on your own in practice. But you cannot simulate the crowd, competition, and overall increase in stress that a real event entails.

Buddies!

Unless you are an elitist buffoon who looks down on everyone, you might like having actual friends. One way to meet new buddies is through athletic camaraderie. Going to your local events (and practices) and competing with the same group is a nice way to bond. I like my competitors, even when they beat me. A lot of my pals are through virtue of competition.

Testing!

A local race is also an excellent way to test your lactate and/or functional power threshold in a real race environment. My best performances on these come when there is a little bit of pride and glory on the line. Sure, you can always do these by yourself, staring at a blank wall and crying in pain. I prefer to chase somebody.

Support your local!

Your local race directors are the ones still putting on events for you after Jumbo Johnny's Big Event Productions decides that a 40% profit margin is not enough and moves on, despite whatever ramifications that has to the local civics.

If you want to keep the option of having a few races down your street, or if you like having training buddies that may or may not be doing The Big Races, you need to show up once in a while. It's much like shopping - if you shop local you are supporting your neighbors. When you purchase at a distance you're likely supporting some random millionaire who doesn't care about highway congestion in your town.

Just some food for thought this month!

You can read more on our [articles page](#).

Marty Gaal, CSCS, is the co-owner and head coach for One Step Beyond. He is a certified USA Triathlon coach. He mostly races local.

2018 OSB remaining clinics

Sep 22 - Open water swim clinic

Approximately 3 hours, and includes:

- lecture on open water racing and training specifics
- lecture on swim training structure and approach
- in-water review and practice of skills
- swim practice courses under supervision

Late October or November TBD - Powerstroke Freestyle technique swim clinic

Approximately 6 hours, and includes

- lecture on intermediate-advanced swim technique
- lecture on swim training structure and approach
- swim practice and drills
- individual video taping
- in-class review

Please visit the [OSB camps and clinics](#) page for further details and to enroll!

Triangle Open Water Series 2018

Triangle OW Series Championship Swim

aka the Hurricane swim

Sunday, October 07



The Triangle Championship Swim aka the Hurricane Swim is coming up on Sunday, October 07!

The course offers 2.4 mile, 1.2 mile and 1k options.

The water temperature should be around 70 degrees.

Registration is now open on the [FS Series website](#).

We hope to see you in October!

The Triangle Open Water Mile Swim Series is co-owned and directed by FS Series and One Step Beyond.

Swim workout of the month

4.2k distance set

Warm up (1,050):

500 easy

8 x 50 odds drill, evens kick :15

drills: 1arm, fist w paddle, dog paddle, choice

kick: with board prone, on back, on sides, with board probe

6 x 25 descend 1-3, 4-6 on :15 so 3 and 6 are fast

rest 1 minute

Main set (3,000):

6 x 100 descend 1-3, 4-6 on :10 (short rest is key on this set)

3 x 200 descend 1-3 on :15

1 x 600 steady to mod hard on :20-30

3 x 200 descend 1-3 on :15

6 x 100 either descend or all mod hard if feeling good, or steady if you're worn out on :10

Paddles optional on 2-3 rounds of the above.

Cooldown (150):

50 easy kick

100 easy swim

This sort of distance workout is necessary for those training for Ironman distance races; the minimal rest keeps the effort high but allows for form recovery. Newer athletes might take a bit more rest in this workout, but then be sure to include at least a couple 4k continuous open water or pool workouts in your buildup to the event.

Recent OSB athlete results

August

The Lightning Squad did super awesome at Tar Heel Youth Triathlon in Briar Chapel!

Sarah Jacobson 11th AG at Ironman Mont-Tremblant

Israel Bilbao 1st AG, 8th OA at Derek Davis 5k

Kory Gray 4th OA Columbia River Olympic Triathlon

Lindsee McPhail 2nd AG at Lake Lure Sprint Tri
Tom Lehr 3rd OA at Rex Wellness Wakefield Sprint
Todd Smyre 1st AG, 5th OA at Rex Wellness Wakefield Sprint
Craig Allgood hangs tough at USA Triathlon Natls
Coach Marty 1st AG, 7th OA at Rex Wellness Wakefield Sprint

Suzie Greengrass 2nd AG at Lake Logan Half
Lindsee McPhail 3rd AG at Lake Logan Half
Paul Amisano 17th AG at Lake Logan Half
Tami Dorry 5th AG and PR at Lake Logan Olympic
Coach Bri 1st OA at Lake Logan Sprint
Coach Marty 2nd OA at Lake Logan Sprint

July

Lisa Hoff top master at the Racine the Basin 3 mile open water swim
Joanne Piscitelli 2nd AG at Buckner Mission Man Sprint Tri
Tom Lehr, Alisha Woodroof, and Israel Bilbao all conquered Ironman USA - Lake Placid on a tough day!

Tami Dorry 5th AG at Triangle Tri
Marian Bergdolt 1st AG at Triangle Tri
Greg Atkinson 13th AG at Triangle Tri

Kory Gray 2nd OA at Hagg Lake Sprint Tri
Tim Gensler 14th AG at Boulder Olympic distance tri
Tami Dorry 2nd AG at Rex Wellness Garner Sprint Tri
Todd Smyre 2nd OA at Rex Wellness Garner
Craig Allgood 1st AG at Rex Wellness Garner
Angie Amisano 9th AG at Rex Wellness Garner
Coach Marty 3rd OA at Rex Wellness Garner

OSB coaching programs



One Step Beyond offers customized individual endurance training programs to triathletes, runners, and swimmers throughout the year. Our most popular ongoing program is called [Basic Steps coaching](#).

If you want a great schedule but don't feel the need for extensive interaction during the training cycle, this is the plan for you. Our coaches will create a professional training plan designed around your specific goals and constraints, with adjustments along the way as needed. We use heart rate, power, and perceived exertion targets as appropriate.

Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

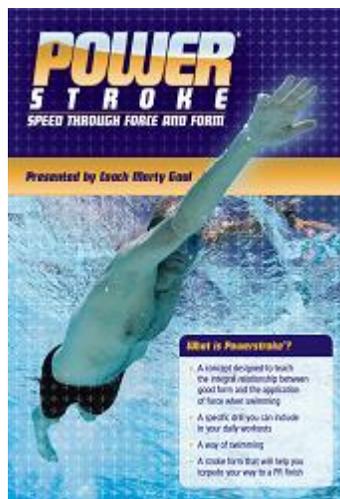
The initial interview is conducted by phone, and all ongoing coaching is accomplished through Training Peaks software, email and phone support. You will receive:

- Annual Training Plan

- A weekly schedule with specific daily workouts
- Weekly group training sessions
- Ongoing email support for all questions (client initiated)
- Ongoing phone support (<15 minute type conversations)
- Race day pacing and nutrition advice
- Necessary adjustments of your schedule
- Regular feedback from your coach
- 20% discount on additional personal training and consulting sessions
- A premium Trainingpeaks training account

Powerstroke: Speed through force and form DVD

Powerstroke® is Coach Marty Gaal's method for teaching competitive freestyle swimming technique to adult triathletes and open water racers. The Powerstroke® DVD was specifically developed for adult swimmers looking to improve their swim speed in triathlon, open water racing, and distance pool events.



Powerstroke® is:

- A concept designed to teach the integral relationship between good form and the application of force when swimming
- A specific drill you can include in your daily workouts
- A stroke form that will help you torpedo your way to a PR finish
- A way of swimming

The Powerstroke®: Speed through force and form DVD includes:

- 40 minute lecture: What is Powerstroke?
- 25 minute general freestyle swim technique analysis: The three types of freestyle stroke mechanics and how to progress to the strongest: High elbow catch / early vertical forearm
- 25 minute Powerstroke freestyle swimming technique in-depth explanation
- 1 hour of seven key drills and detailed descriptions
- 4 minute stretching and dryland exercise video

[Purchase your copy here!](#)

Premade training plans

OSB premade training programs are for athletes who would like to follow a well made training plan, but don't require ongoing coaching. These plans can be set so they can end on the day of your A race and include a free TrainingPeaks account.

One Step Beyond currently offers:

Beginner level 2 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99

Intermediate 16 week Half-Ironman 70.3 Triathlon Training Plan - \$79.99

Intermediate 16 week Olympic distance triathlon training plan - \$69.95

Intermediate 10 week Olympic distance triathlon training plan - \$59.95

Beginner 16 week Olympic distance triathlon training plan - \$69.95

Beginner 10 week Olympic distance triathlon training plan - 49.95

Intermediate 10 week sprint triathlon training plan - \$59.95

Beginner 16 week sprint triathlon triathlon training plan - \$69.95

Beginner 10k run in 10 weeks training program - \$44.99

You can review and purchase any of our plans, [hosted on the TrainingPeaks platform here](#).

Our Sponsors

Thanks to the following organizations, that provide service and support to One Step Beyond athletes.

[Xterra Wetsuits](#)

[Inside Out Sports](#)

[FS Series](#)

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[Frank Rexford - Guaranteed Rate](#)



Frank Rexford, Senior Mortgage Banker

Whether you are purchasing a new home, refinancing your mortgage, or simply considering a home improvement project, I have the experience to help you find a loan that is right for you. And I will take the time to provide clear explanations along the way, so that you will be confident as you make choices about the many financing options available.

My business is referral-based, with nearly 100% of my business coming from satisfied clients, trusted financial advisors and some of the most experienced realtors in the Triangle. I hope to

earn your business by not only offering competitive rates and fees, but also by providing exceptional client service. Purchasing or refinancing a home can be stressful, and so my team and I will work hard to carefully guide you to a smooth closing.

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Clean Jordan Lake

Clean Jordan Lake is a grassroots nonprofit founded in 2009. Their stated mission is to restore Jordan Lake to a healthy and vibrant aquatic resource by removing trash from the shoreline and preventing its recurrence.

www.cleanjordanlake.org

VISIT OSB ONLINE

Sincerely,

Marty, Bri, and Daniel
One Step Beyond Coaches



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