

From: Constant Contact <noreply@constantcontact.com>
Sent: Monday, March 23, 2020 3:17 PM
To: marty@osbmultiposport.com
Subject: Your campaign One Step Beyond Coaching Newsletter - March 2020 has been sent



Dear Marty Gaal,

Your campaign '**One Step Beyond Coaching Newsletter - March 2020**' was sent on 3/23/2020 around 3:16 PM EDT.

Below is a copy of the message your subscribers received. See how your campaign is doing by visiting Reports [in your account](#) to get real-time results and stats.

Subject: One Step Beyond Coaching Newsletter - March 2020



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The Next Level Newsletter - March, 2020

Volume XVII, Issue III

Dear Marty,

OSB-All Out Multisport Lightning Squad youth triathlon programs:

We are still hosting in the spring starting April 1, but we will not have swims until May at the earliest.

Join coaches Marty Gaal and Brooks Doughtie for two coach led weekly practices to help prepare your youth athletes for local junior triathlons. Our fun workouts include swim, bike, and run training, transition practice, and relays. The goal is to have a good time and make

sure athletes ages 7 to 14 are well prepared for the race.

Practice times are on Wednesdays 445-545 PM and Sundays 400-500 PM.

Spring 8 week: Wednesday, April 1 to Saturday, May 23

Summer 10 week: Wednesday, June 17 or 24 to Sunday, August 23 or 30 (TBD)

You can see all the details and [sign up here](#).

OSB open water swim clinics:

Join us for a three hour clinic including lectures, in-water skills and drills work, and practice open water courses. Our 2020 dates:

April 25 - probably won't be able to host this due to parks closure / Covid-19

May 31 - maybe

June 27

July 25

September 05

Read all the details and [sign up here](#).

Triangle Open Water Swim Series dates:

We love organizing these swims, but May is super unlikely and June is questionable. Registration is currently suspended.

Sunday, May 03 - Jordan Lake Open Water Challenge

Sunday, June 07 - Little Uno and the Big Deuce

Saturday, October 03 - Triangle Open Water Championship

The first and last races will have .6, 1.2 and 2.4 mile options. The second will have .5, 1, and 2 mile options. Registration is open on the fsseries.com website.

In this issue:

[Article: Training and racing during Covid-19](#)

[Bike workout of the month](#)

[Powerstroke DVD](#)

[OSB coaching programs](#)

[OSB training plans](#)

[OSB sponsors](#)

Article: Training and racing during Covid-19

No one would like the situation we're in, but we're here and we need to make the best of it. A number of events have been and will be rescheduled in such a way that it might as well be a different event. It is very likely that large events through May or June will not be held, and potentially the entire summer season.

I would not want to take a shot at predicting any further, but it will all depend on if we as a world are able to contain, cure, vaccinate, eradicate, and what the timetable for all that is. Suffice it to say, the spring and summer seasons appears glum with regards to large scale athletic events. I am hopeful that things are under control for later summer and fall events.

What does that mean for you? While it will be personally disappointing to have to miss your planned events, it behooves you to maintain your healthy life and exercise routines. One part of having a strong immune system is being fit. Another is getting good sleep. A third revolves around a healthy diet and post workout nutrition. Lastly, avoid stress (bad for your health) and panic (bad for your mental state). There is a large piece of mental health involved with long periods of social isolation. [Read more here](#). So all the things you are doing well now, you should keep doing.

Regarding training, my coach advice is to continue to train as if your event will not be cancelled, as well as possible. Make your race day a virtual event that you finish regardless. If it was a spring Ironman or 70.3, you could afford to shorten the actual distance somewhat to mitigate the impact on your immune system. For sprints & olympic distance triathlons and shorter running events, go ahead and complete as planned. Don't let this disruption stop you in your tracks. Things will return to normal.

We are going to face serious challenges regarding access to pools, gyms, and even group workouts. If you live near a lake, prepare for a lot of open water swimming. Now is a great time to organize that home gym you've been talking about. Equipment like (video workout links) [TRX](#), [swim cordz](#), [kettlebells](#), and [exercise balls](#) can carry you through.

As endurance athletes we have the mental fortitude to do quite a bit (or all) of training alone, so you're ahead of the curve on this one.

Don't get discouraged or depressed about things that are beyond your control. Do the best you can, and keep on keeping on!

Stay safe, stay healthy, stay positive.

Marty is the co-owner and founder of One Step Beyond (OSB). He has been coaching endurance athletes since 2002.

OSB clinics explained

Open water swim clinics

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

Beginner swim clinics

Approximately 3 hours, and includes:

- lecture on basic freestyle technique
- in water practice and drills

- individual filming

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

Run form and training clinics

Approximately 3 hours, and includes

- lecture on run training for triathlon and run-only
- short run and drills practice
- participant videotaping and review

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

Bike workout of the month

This bike workout is built as a midweek time-sensitive hard/threshold effort.

Warm up: 10-15 minutes easy (Z1 HR or below 65% FTP)

3 x 20 seconds hard (Z5b or 105-120% FTP) / 1 min 40 easy after each

Main set:

3 x 1 minute Z4-5a HR or 95-105% FTP / 1 minute easy

3 x 2 or 3 minute Z3 HR or 80-90% FTP / 2 minute easy

3 x 1 minute Z5a-b HR or 105-120% FTP / 1 minute easy

3 x 2 or 3 minute Z4 HR or 90-100% FTP / 2 minute easy

CD: 5-10 minute easy

Total time: 48+ minutes.

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.

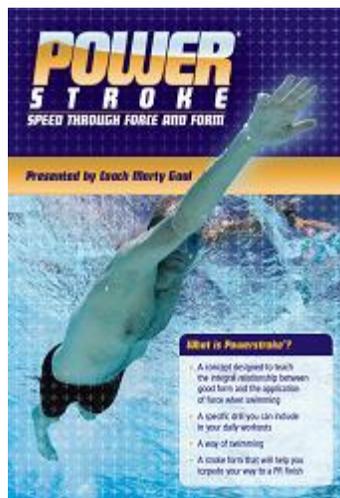
Your coach will be available to you via email, text, and phone, which we check and respond to Monday thru Friday.

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 Long Distance Triathlon Training Plan - \$79.99

Intermediate 16 week Half Long Distance 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](#)
[Rudy Project](#)
[Peak Form Massage](#)
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Frank Rexford, Senior Mortgage Banker

I carefully guide my clients through the mortgage process so they are comfortable and confident as they make choices about the many mortgage options available for their financing strategy.

With 14 years of experience providing mortgages in the greater Raleigh, Durham, Chapel Hill Triangle area and throughout North Carolina, I have the knowledge and experience to close your loan smoothly and on time. My team and I will work hard to keep you well-informed from preapproval to closing, and I will remain available as a trusted adviser long after your loan has closed.

Whether you are purchasing a new home, refinancing an existing mortgage, consolidating debt, downsizing for retirement, investing in real estate, or simply considering a renovation project, I can find the loan that is right for you at a competitive rate. At Corporate Investors Mortgage Group, we work with many different lenders and investors in order to be able to find the right loan at a competitive rate for each individual client.

Office - 919-929-6116
Mobile - 919-360-7864
Fax - 919-869-1510
Email - frexford@cimginc.com

www.frankrexford.com

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



SUBSCRIBE TO LIST

FORWARD EMAIL

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One Step Beyond, PO Box 4622, Cary, NC 27519

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