



Greetings and welcome to the Next Level Newsletter, Volume IV, Issue III. Spring is in the air!

Straight to athlete news:

- Steve Vaughn PRs and takes 3rd AG at the Wildman Olympic Triathlon
- Courtney Wagner takes 3rd collegiate at the Endurance Nation Fort Desoto Olympic Triathlon
- Tara Tobias wins female overall at the Wildman Sprint Triathlon at Moss Park
- Bri Gaal takes 2nd woman and PRs at the Run for the Oaks 5k
- Cam Cole PRs his 5k by 2 minutes on the run leg at the Great Escape Triathlon
- Bri Gaal takes 4th elite at the Great Escape Triathlon in Lake Louisa State Park
- Kathy Larkin wins the Race for the Cross 5k in PR time
- Steve Vaughn PRs his 5k and 10k on the way to a PR at the Outback 12k
- Julie Scott and Cam Cole PR at the Outback 12k
- Chris Scott and Saidel Perez PR at the Outback 12k! It's a PR weekend
- Bri Gaal places 2nd woman at Coach Bubba's 4 miler in Durham

Melissa Hall's news:

- Todd Barczak and Cori Downing win the overall Wildman Olympic Duathlon titles

Training Tips – Open water swimming

[Coach Marty Gaal](#)

The swim leg of a triathlon is the most intimidating for many folks. The open water venue, wind chop and waves, rip currents, mass starts, and navigation throw many athletes for a time-consuming loop. Here are a few tips to help you conquer the swim leg of any triathlon.

Practice. If you live near a beach or lake, get some time in the open water in. Always swim with a partner and stick to your level of ability. Don't stray too far from shore.

Revue the course. If you have a chance to preview the race site, get out there and check the buoys and landmarks. Know how far you can run before starting your dolphin dives.

Dolphin Diving. At the beginning and end of a shallow beach start / finish, leaping forward and pulling yourself along the ground is faster than pure swimming. A few dolphin dives at the beginning of a race can put you body lengths ahead of the next swimmer. A couple at the finish when your hand hits the bottom can also get you to T1 a step ahead of the competition. Practice these in training, as they can be tiring!

Sighting. Every 6 to 8 strokes, lift your head and sight the buoy. This will help ensure you're swimming a mostly straight line.

Drafting. Find the feet or hip of someone who is your speed or only slightly faster. If you stay close enough you can achieve a beneficial draft. Staying close to them will help you save energy for the bike and run legs of the race. But make sure they don't swim off course – so keep sighting!

Getting bumped. It'll happen, especially if you're drafting! If another competitor swims into you or smacks an arm into you, just stay calm. Chances are they're trying to swim straight and finish well, just like you. Keep swimming, stay relaxed, and give the other competitor some breathing room if need be.

Choppy water. If there is a significant wind chop or swell, shorten your stroke slightly and duck and dive under the waves, particularly on the way out from the shore. When swimming parallel to the beach in the breakers, keep your eyes open for breaking waves. Duck under the whitewater as it breaks.

Goggles. Keep your goggle strap under your swim cap. This will keep it secured in case of waves or accidental bumps on the noggin from your fellow swimmers.

Wetsuits. Wearing a swimming specific wetsuit will make you more buoyant and hydrodynamic, allowing you to ride higher in the water and finish faster than going without. A good wetsuit can save a minute or more in an Olympic distance triathlon swim, and more in an Ironman.

Training Tips – Make your transitions fast!

[Coach Brianne Gaal](#)

Growing up, I played a lot of basketball. I was a shooting guard and I practiced a lot in my backyard. In particular, I practiced a lot of free throws. The other team was practically giving you points and it killed me to miss any. Transitions are very similar – it's a very easy place to make up time on your competitors. You just need to have a plan and practice it. Here are a few tips I've learned over the years in trying to make my transitions fast.

- You have to practice getting out of your wetsuit. I prefer spray cooking oil to body glide; you just have to ignore the snickers while your basting yourself. As ' you're running out of the water, unzip your wetsuit and pull your arms out. You should have it stripped down to your waist quickly so you can run into transition. Once at your spot, and with one movement, pull the wetsuit down to your ankles. Yank one foot out and step on the wetsuit to get the other out even quicker. You may want to strap your chip on underneath the rubber as this sometimes gets caught around your ankle.
- Have your bike hung by the seat so you can grab it quickly and exit without having to turn it around. I like to have my helmet sitting in my aerobars so I don't have to bend down too much. One of the risks is having your helmet fall off but this doesn't actually happen too often. I also forgo sunglasses on a sprint (one less thing to worry about)
- Shoes – leave them on the bike or not? ONLY leave your shoes clipped in if you have practiced putting them on while riding over and over again. I have passed so many people at the start of the bike who were fiddling with their shoes. There is a big learning curve with this. To do it well – run the bike out; mount the bike and start pedaling with your feet on top of your shoes; get your speed up; then slide one

foot in; pedal some more to get your speed back up; slide your second foot in. Otherwise, put your shoes on at your rack.

- Socks? I don't wear socks in an Olympic distance or under. Yes, sometimes I do get blisters or hot spots, but the time I save is worth it. What I do instead is put Vaseline on the heels, baby powder down into the shoes and more Vaseline around the toe area.
- Coming in off the bike, I do recommend leaving your shoes on the pedals. This only needs to be practiced a couple of times before you can be proficient. Allow yourself enough time to slip your feet out of your shoes and place them on top of them – do this 30 seconds or so before approaching the dismount line.
- The second transition should be very fast. Rack your bike by the handlebars, bend down and slide your shoes on (everyone should use elastic laces in a race). Grab a visor and your number belt and put them on as you're running out.

That's it! Now go practice!

Nutrition and fluid needs during exercise

By Jennifer Patzkowsky

Do you want to maximize your workouts? Develop a solid eating plan not only pre/post exercise but during exercise as well. Several studies emphasize the importance of fueling our bodies properly during exercise to maintain energy and prevent dehydration and needless fatigue. So what are the guidelines?

After the first hour: 100-250 calories (30-60 g) of carbohydrates per hour

- 4c (8 oz) of a sports drink
- 2c of a sports drink and a banana
- Energy bar plus extra water

Types of carbohydrates (liquids vs. solids) depend on individual tolerance and specific sport. In general it is easier to consume more solid foods during cycling versus running or swimming. Practice eating during training to prepare for events. There is nothing worse than having an upset stomach during a race. Have familiar foods and fluids with you to take to races. You never know what will be available at races and how your stomach will react. Also, don't forget to hydrate. Since fluid needs vary greatly from person to person, the best way to make sure that you are hydrating properly is to determine your sweat rate. Before and after exercise, weigh yourself. Powerbar has a [great website](#) including a hydration calculator. If you will be sweating bullets for extended exercise, you really should know your sweat rate. Otherwise, you are likely to repeatedly under-hydrate, become chronically dehydrated and hurt your performance.

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-Runner's High 'n Tri Triathlon Camp, Chicago, IL - April 21-22, 2007

OSB is teaming up with the crew at Runner's High 'n Tri, a running and triathlon store in Arlington Heights, IL to offer a two-day camp offering group training and classroom based discussions. [Please read about this one here!](#)

Triangle Multisport / Inside-Out Sports Elite Team Clinic – April 7, 2007

OSB will be co-hosting this clinic with the staff of [Triangle Multisport](#) and the [Elite Triangle Triathlon Team](#). We will have a large number of coaches and top local athletes on hand in order to break into smaller groups to cover some of the technique and form aspects of triathlon training. The clinic is geared towards beginner to intermediate athletes and will be hosted at Inside-Out Sports in Cary, NC. Registration will take place through the [Inside-Out Sports](#) website. [Click here](#) for the full promotional flyer!

One Step Beyond Powerstroke Triathlon Clinic – April 14, 2007

We'll be hosting a one-day swim-focused triathlon clinic at Inside-Out Sports in Cary, NC. This seven hour clinic is limited to 16 athletes and will cover the principles of Powerstroke, running and cycling drills, and smart triathlon training. [Click here](#) for all the details.

OSB-BodyZen Spring Break Training Camp, Clermont, FL Wrap up

The camp went great! 12 athletes came in from around the Eastern US for a fun training break in Clermont, FL. Everyone finished the weekend with the Great Escape Triathlon. Coach Bri Gaal took 4th elite woman ahead of Lisa Bentley, Coach Lee Zohlman took 2nd AG, and camper Sue Sotir took 4th age group. Here's a bit of the feedback we received:

"I came to camp with a fairly open agenda, and I feel that I walked away with some valuable info. I love my new swim start tip, that I am not going to share with anyone unless I REALLY like them, and they are not in my age group!"

"I realized on the plane coming home that Marty presented one idea/concept that I almost did not recognize the power of when he first presented it...the idea of 5 minutes a day. Taking 5 minutes/day equaling 35 min/week, 140 min/month. He spoke of it re: eliminating the unnecessary, but I have decided to apply it to improving my weakness."

"I definitely enjoyed the camp and if the timing works out in the future I would like to attend one of your cycling camps in the hills in North Carolina."

"Seriously, the camp, meeting everyone who attended, was great."

"This was the first time I ever attended anything like this. I really had a great time. Learned a lot, met some great people and got off to a great start of a season, and am looking forward to keeping it going as opposed to finding the energy to get going. What I liked most about the camp was the positive atmosphere generated by you and Marty. I didn't think training for your goals and have fun could be in the same sentence."

OSB Forums

Join our [flame-free discussion forum](#) here. All athletes are welcome.

Ready for coaching in 2007?

Read more about the One Step Beyond coaches here:

[Head Coach Marty Gaal](#)

[Assistant Coach Melissa Hall](#)

[Assistant Coach Brianne Gaal](#)

Have a great spring!

Enjoy your sport,

Marty Gaal

One Step Beyond

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