The Next Level Newsletter - December 2022 - Volume XIX, Issue VII

Dear Marty,

We wish you a happy and safe holiday season! This month's article covers single sport training periods and how you can work this into your overall triathlon training program.

Single-sport focus periods

Triathlon training is not single sport training. It's therefore virtually impossible to be the absolute best you could be in just one of the sports if you are properly training for triathlon. Athletes can certainly get very, very good in all three at the same time. But not the best. So, it's sometimes advisable to tackle a single sport for a training period or two with more enthusiasm.

For most age group, amateur athletes, time is the limiting factor in training. Between families and jobs, it's virtually impossible to match the schedules of those who can focus primarily or exclusively on athletic performance. So you must approach this with a N=1 type of attitude.

After a season or two of triathlon, it may be time for you to consider devoting a training block or two to one specific element. Typically, in newer athletes, this would be an athlete's weakest sport. The thought is that for athletes in early development, they will reap long term benefits from elevating their weak link sooner than later. If you can finesse the technique of swimming, or pump up your cycling legs early in your career, then, long term, you can adopt a more balanced approach to the three main sports.

Athletes who are further along in their career might switch to single sport focus for the same or different reasons. They could need a mental break from strict triathlon training. Or they could have a desire to meet some specific milestone/goal that has remained unobtainable to them.

Using a single sport mode could also be seasonally related. Not everyone has the ability or mindset to use indoor trainers most of the time. An easy example here would be for northern latitude athletes to focus on running in the winter.

All this being said, as fundamental triathletes that means there is an element of cross- and maintenance- type training that can and should go on in any single sport mode. Strength and conditioning benefit all sports. Riding, running, and swimming all help develop and maintain aerobic volume and conditioning.

Single sport training doesn't mean you have to stop your other sports. It just means you're focusing on that sport for a specific period of time with a specific goal to you. If you time it well with your overall athletic life calendar, this focus can be a great competitive benefit as

well as a good way to retain interest in triathlon training over the long term.

Some quick examples would be:

Road race training in the fall/winter
Bike racing/training in the spring or fall
Swim training in the spring or summer

To reiterate: You can do all these while still "triathlon training." You just are very unlikely to do them as well as you could if you truly focus on that element for a while.

Marty Gaal, CSCS

Swivel Bottle
A former OSB athlete has come out with a really neat running bottle that separately holds 2 drinks. You can see the bottle and place a pre-order here!

Dylan P 1st Cat 4-5 at Raleigh Xmas XCross
Ariel A goes sub-11 and breaks 4hrs on the marathon at Ironman Western Australia
Marian B takes 18th AG at the ITU Age Group World Championships!
Allen J crushes Ironman Arizona, his first!
Megan M takes 2nd AG at the MiamiMan International Triathlon

The Spring Lightning Squad youth triathlon training program will start back in mid March 2023, with an 8 week program finishing with a early season youth triathlon.

Our workouts will generally be between the Raleigh NC State area to the Cary/Morrisville area. Locations will change week to week based on best use. We will send a detailed schedule at the beginning of each week.

Practices will take place on Thursdays 500-600pm and Sundays 400-500pm, unless otherwise noted in the weekly email.

Coaches Marty and Bri Gaal will be working together to run the 8th season if this popular youth program.

Practices will include greenway riding, greenway running, swim workouts, trail hikes, and running/fun games. We use a variety of locations and change the routine to keep things interesting. Please continue reading below for more details.

Lightning Squad youth training program

TRIANGLE OPEN WATER MILE SWIM SERIES

Set your calendar up! We will host two open water swims in 2023.

late April or early May - Jordan Lake Open Water Challenge

late Sep or early Oct - Hurricane Championship swim

Both events will be held at Vista Point on Jordan Lake. Sign up here.

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 personal training during the program 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

Please RSVP if you plan to show up to a training session. Our typical week looks mostly like this. New athletes are welcome!

Bri - brianne@osbmultisport.com

Daniel - daniel@osbmultisport.com
Marty - marty@osbmultisport.com

Day/Time | Location | Workout | Coach

Monday or Tuesday | Online | Core strength training
500 PM

Wednesday | Various gravel locations | 1.5hr ride | Marty
930 or 945 AM

Thursday | Old Reedy Creek entrance to Umstead | Interval run | Bri / Daniel
630 AM

Saturday | Soft surface somewhere | Long run | Bri or Marty
Varies

Sunday | Varies | 30+ mile ride | Bri or Marty
Varies

Come join us!

If you're not quite ready for full time coaching, but need some structured guidance, check out the OSB premade plans below:

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
Intermediate 10 week sprint triathlon training plan - $59.95

Beginner Level 2 16 week Half-Ironman 70.3 Triathlon Training Plan - $79.99
Beginner 16 week sprint triathlon triathlon training plan - $69.95
Beginner 16 week olympic distance triathlon training plan - $69.95
Beginner 10 week olympic distance triathlon training plan - 49.95

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

All the programs are hosted on TrainingPeaks. Each program comes with a free basic account. You can check out the details here.

Boone/Beach Mountain area rental from Coach Daniel

We can offer the OSB crew/people a friends and family discount. Contact Coach Daniel through the VRBO link below.

Here is the **VRBO link** if you are interested!

Quote of the month:

Your day will go the way the corners of your mouth turn. ~Author unknown

www.osbmultisport.com

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