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The Next Level Newsletter - April 2024 - Volume XXI, Issue II

Dear Marty,

Race preparation phase

If you've been training more or less correctly, the last few weeks of a specific training program should be the race preparation phase, also called the peak phase. During this period of training you will complete a fair bit of training at your specific race effort levels. There should still be a significant amount of base/endurance, strength maintenance, and some level of threshold or V02 max type efforts. However, those are no longer the focus of your weekly training.

Race prep for an Ironman or long distance is much different than a sprint triathlon. The volume is higher and the intensity is lower. More time and energy has to be devoted to nutrition and hydration practice than a sprint race. This holds true through the spectrum of racing.

The goal with race prep workouts are to spend a fair amount of time at race level effort. This helps the athlete in a number of ways. Dialing in pace/power/HR; managing fatigue and discomfort; dialing in nutrition and hydration requirements; discovering upper limits on fitness; and reducing race day variables and race anxiety.

Athletes need to know the very narrow range of their maximal sustainable effort level for the race in order to achieve top results. This is not something to guess about and race day prep workouts determine this.

An Ironman race prep workout could be something like a 30 minute swim - 4 hour ride - 1 hour run, all completed at goal race effort.

A sprint triathlon prep workout could be a 30 minute easy ride - 30 minute hard ride - 20 minute hard run with the hard portions at goal race effort.

Power and HR targets will vary among individual athletes due to their specific training and ability. Generally speaking, Ironman would be +/- 70% of functional threshold power (FTP) or +/- 85% of lactate threshold (LT) heart rate, and sprint races would be +/- 90-95% of FTP or just a bit below LT HR. Half Ironman and international distance events fall somewhere on the curve between the two.

With proper nutrition and hydration, faster athletes can hold a higher percent of LT/FTP as they will finish sooner. A goal is to finish just before becoming fatigued.

Individually speaking, as the duration increases the effort level needs to decrease in order to manage and minimize fatigue. So a 'fit' 4-hour 70.3 athlete will have a different FTP/LT

target than a fit 6-hour 70.3 athlete.

These ranges and targets should be well established in training before entering the race prep phase. The goal with your race prep workouts is to have a really, really good idea of what works for you.

It's OK if you discover that 70% FTP for 112 miles leaves you a little too gassed for the run! Better to figure that out now and dial the bike effort back then wind up walking/stumbling through the last 10 miles of your Ironman. The same goes for sprint races. Super fit athletes can ride at or even over FTP for a 10-15 mile bike leg. You may not be able to and still run within your ability.

Don't guess. Discover. Prepare.

That is how you PR.

2024 Open Water Swim Clinics



Join Coach Marty Gaal for a 3 hour open water training clinic on the beach at Jordan Lake. The clinic includes discussions of open water situations and swim training, and in-water skills and practice swim courses. This is a great way for new open water athletes to get comfortable and confident before entering a race situation.

April 20 - FULL
June 08
July 20
August 24
September 22

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

OSB Athlete News

Kathy L PRs at the Cherry Blossom 10 miler
Ariel A 1st OA and PR at the Spring Rising Half Marathon
Hank C conquers the Charlotte Spartan 5k

Coach Daniel BQ and PR at Tobacco Road Marathon
Anne M hangs tough at Tobacco Road Marathon
Hank C PR at Tobacco Road half-marathon
Greg A PR at Tobacco Road half-marathon
Allen J PR at the Shamrock half-marathon
Coach Bri 1st OA female at the Morrisville Stormwater 5k

Coach Marty 2nd OA male at Morrisville Stormwater 5k

Joanne P 1st AG at NE Park Duathlon

Coach Daniel PRs at the Wilmington half-marathon

Anne M 6th AG at Wilmington half

Coach Bri 4th AG at Wilmington half

Coach Marty 11th AG at Wilmington half

Ariel A takes 5th OA at Ultraman Florida

OSB Lightning Squad youth training



The Spring Lightning Squad youth triathlon training program will return in summer 2024, with an 8 week program finishing with a late summer 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 9th 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.

Start date is TBD at the moment

[Lightning Squad youth training program](#)

Triangle Open Water Swim Series



We've set the dates for the 2024 Outer Banks Veterinary Surgery Triangle Open Water Series.

May 19 - Jordan Lake Open Water Challenge
presented by Swivel Bottle
1k, 1.2m, 2.4m options

October 05 - Hurricane Championship swim
1k, 1m, 2m options

Both events will be held at Vista Point on Jordan Lake. [Sign up here.](#)



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 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

Our local group training schedule

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@osbmultiport.com
Daniel - daniel@osbmultiport.com
Marty - marty@osbmultiport.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 | greenway rides | Bri or Marty
Varies

OSB pre-made training plans

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](#).

OSB Sponsors

Frank Rexford

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.

www.frankrexford.com



Swivel Bottle

The patented Swivel Bottle is a dual-beverage container with 360 degrees of rotation. Each bottle reservoir holds 8 ounces of fluid.

To use, simply rotate the bottle by spinning the bottle in the palm of your hand to select your drink of choice. Grab a drink by squeezing the bottle, and the liquid squirts out of a leak-proof one-way nozzle.

With a flick of the wrist, you can then rotate the Swivel Bottle 180°, allowing you to drink from the other bottle reservoir. The different color reservoirs makes it easy to remember the different fluids you are carrying.



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:

Hard work is rewarding beyond gold. Sweating is living. ~Terri Guillemets

www.osbmultisport.com



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