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The Next Level Newsletter - December 2024 - Volume XXI, Issue VI

Dear Marty,

Can you enjoy the holidays?

The hard part of the holidays for motivated athletes is not just your drunk uncle; it's also the loss of your comfortable/repeatable exercise routine.

Many of us will have trips and family obligations for the next few weeks, and it's easy for highly motivated athletes to get stressed out at this time of year. It's OK. Take a breath!

Tone down your OCD and take a load off for a little while. While you may not be able to hammer out all of your typical training, you'll be able to stay active and fit in some good workouts.

Running is the easiest exercise to manage on the road. While your hotel may have a treadmill, it's almost 100% that whatever town or city you find yourself in has dedicated running paths, trail systems, or other popular runner destinations. Get out there first thing in the morning and do some exploring. You can even link up with some local running groups or find yourself at an evening brewery/pub run.

[AllTrails](#) - hiking and offroad trails (primarily)

[Trailand](#) - greenway type trails

[RoadRunners Clubs \(teams\)](#) - list of certified RRCA groups

[Running in the USA club list](#) - list of certified and non-certified RRCA clubs

[USA Brewery list](#) - Dig down for run clubs

Strength and yoga are also easy to manage on the road. Most hotels have a basic gym. You can pay a daily fee at plenty of city gyms to get into if you need heavier weights. And Youtube is rife with quality HIIT workouts, Yoga instructors, and bodyweight strength routines. If you're driving you can always throw a couple of dumbbells in the trunk, and you can pack TRX type straps into your luggage for flights.

While swimming on travel is a bit more difficult, you've got options. Most USA Masters swim teams will let anyone try out/drop in a few times before making you join US Masters. There are a lot of teams around. And if you prefer to swim alone, plenty of pools have a daily fee so you can get your laps in.

[US Masters swim clubs](#)

[Places2Swim](#)

Now, cycling while traveling is a different animal. If you're driving to your location you can certainly make it work, and use the greenway guide above to find safe and traffic free

locations. Flying with your bike takes more dedication to the sport. But if you really want to ride and prefer to keep it simple, you still have options. Maybe your family/friend has a bike trainer at their house? Or find any gym that can do a day or week pass that has spin bikes / classes available and knock it out. Another option is to rent a bike and get outdoors.

[RentABikeNow](#) - rentals in USA and a few others

[Cycling Clubs in the USA](#) - official cycling clubs w group rides

Personally, if I'm driving somewhere AND I know I'll have the option to hit a nice trail or safe road AND it's not going to take half a day AND not bother my family, I'll do it. Otherwise, I'm sticking with running, strength, yoga, and maybe a swim.

The holidays are a time to enjoy with your family and friends. Embrace your inner child and have some fun. Exercise is good for you, but don't let your need to "stick to the plan" drive you and your family crazy. See some sights - have some adventures - step back from being that guy or gal for a few days and be present for the holidays.

See you in the New Year!

2025 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.

We will post the 2025 schedule by the end of January.

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

OSB Athlete News

Hank C, Anne M, Coach Bri and Coach Marty leg up on the Shakori 40 mile running relay
Allen J 17th AG at Wilmington Historic Half-Marathon

Ariel A 5th OA at Ultraman World Champs in Hawaii

Anne M 2nd AG at Inside Out Sports Turkey Trot 5 miler
Junior Awesome 4th OA at Inside Out Turkey Trot 1 miler
Robert R runs the Huntington Thanks4Giving 4 miler
Dan S runs the Knoxville Turkey Trot

Jennifer S runs the Asheville Turkey Trot
Bilal S runs the Asheville Turkey Trot

Allen J PR and 2nd AG at Holly Springs 10k
Christine B 12 AG at Holly Springs 10k

Urosh T PRs and NYC Marathon
Anne M 6th AG at City of Oaks Half
Allen J 47th AG at City of Oaks Half
Christina B 24th AG at Old Reliable 10k
Coach Marty 19th AG at City of Oaks Half

Greg A PRs at RDC Half-marathon
Ariel A BQ at the Marine Corp Marathon

Nicolai T 32nd AG at Ironman NC 70.3
Urosh T 50th AG at Ironman NC 70.3
Allen J 133rd AG at Ironman NC 70.3
Christina B 50th AG at Ironman NC 70.3
Hank C 35th AG at Ironman NC 70.3

Triangle Open Water Swim Series



We're back for 2025 with spring and fall events:

April 27 - Jordan Lake OW Challenge - .6m, 1.2m
and 2.4m options

October 05 - Hurricane Championship Swim -
.5m, 1m and 2m options

Registration will be available soon!



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@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 | greenway rides | Bri or Marty
Varies

Come join us!

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.

www.swivelbottle.com



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:

A good way to remedy a cold morning is to have a warm heart. ~Keith Wynn

www.osbmultisport.com



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