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The Next Level Newsletter - January 2024 - Volume XXI, Issue I

Dear Marty,

A sample season

It's all talk until you put it on the table!

There is a general theme to most age-group athlete's season plans. They typically include a target spring event and a season finish in late summer or the fall. It could be a sprint triathlon in the spring and an Olympic distance or half-marathon in the fall; it could be two Ironman events. Everyone is different, as are individuals at different points in their life.

So your goal is not to copy your spouse's or buddy's plan (though that often works), it is to find the best approach for you.

I like to advise my athletes to pick a run race or two throughout the winter, a warm up triathlon or two in the early spring, and a target late spring or early summer event. They can follow the target race with 2-4 weeks of light or unstructured training before getting back to a strict training program.

The summer depends on when the athlete's later season goal falls. USA Nationals is typically late August to mid September, while World Champs, BQ runs, and late season Ironman events run through November in the Western hemisphere. It's a good idea to do at least one summertime event so you don't forget how uncomfortable racing hard feels.

The late season concludes with another practice/warm up race or two, the big goal race, and then a few weeks of unstructured or light training.

Unstructured training periods are good times to be more aggressive with your strength training, as the strength side of exercise typically takes a hit when the peak season is demanding.

Here is a good example from our local NC training calendar (links are underlined):

mid-Feb: a [local 5k](#) or [trail run](#)

early-mid March: a [charity 10k](#) or [half-marathon](#)

April: a [sprint](#) or [Olympic distance triathlon](#)

May: an [open water swim](#) :)

May: a [half-Ironman](#)

July: a [sprint triathlon](#)

August: a [sprint triathlon](#)

September: an [Olympic triathlon](#) or [National Championship](#)

October: an [Ironman 70.3](#)

November: some easy weeks and a [Turkey Trot](#)
December: maybe a trail run or try not to get too lazy

Your schedule may have more or less races or distance per race, but the theme here is a couple of build ups and peaks with corresponding down time afterwards. You cannot maintain peak fitness all season, so plan for your recovery and rebuilding phases of training.

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 an [order here!](#) Use code OSB10 for 10% off.

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
June 08
July 20
August 24
September 22

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

OSB Athlete News

Chris M runs the Louisiana Half Marathon
Ariel A 1st OA and Boston qualifier at the Texas Marathon
Jamie D takes 19th AG at Ironman 70.3 Florida

Kathy L takes 1st Master at the Candy Cane 5k
Megan M 4th AG at the Race Durham 10k
Jamie D runs Daytona Challenge

Coach Bri 1st AG at the IOS Turkey Trot 8k
Tom L 1st AG at the IOS Turkey Trot 8k
Kory G 1st AG at Five07 Turkey Day 5k
Bilal S runs the Chicago Turkey Trot
Coach Marty runs the IOS Turkey 8k

Greg A runs the IOS Turkey 8k
Junior Awesome PRs at IOS 1 miler

Ariel A conquers Ironman Cozumel

OSB Lightning Squad youth training



The Spring Lightning Squad youth triathlon training program will return in spring 2024, with an 8 week program finishing with a late spring 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 - brienne@osbmultiposport.com
Daniel - daniel@osbmultiposport.com
Marty - marty@osbmultiposport.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:

Chop your own wood and it will warm you twice. ~Henry Ford

www.osbmultisport.com



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