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The Next Level Newsletter - July 2024 - Volume XXI, Issue IV

Dear Marty,

Finding your groove

Let's say you're stuck in a rut and want to make some changes in your life. You want to get in better shape, finish a big race, or save up for a fancy trip. Whatever this new thing is, it's difficult to change a lifetime of habits and routines. You may need to wake up earlier, or go to bed earlier, or stop watching as much TV, or quit ordering out for dinner five nights a week. Whatever that change is, it will probably hurt!

Routines and habits give us comfort because they are familiar. New endeavors force us to change. Ideally these changes help us 'level up' our lives in meaningful and positive ways.

From the perspective of athletics, no one gets good without putting in the time and effort. Professional athletes make things look graceful and easy. But most of us only see their finished product. You're not watching the young man or woman who fell on their face thousands of times in practice and other competitions. You as a viewer in the stands or at home are looking at the shiny end-version of 10,000 hours of mastery.

[Changing behavior and gaining new habits takes a lot of work and repetitions](#). It's not as simple as sticking with something for 3 weeks, or 30 days. It helps to have some sort of reward associated with the behavior change.

In our athletic training world, the rewards of a healthy body and the odds of living longer are great but hard to hold in your mind in the short term. Waking up early hurts. Working out is uncomfortable. Running in 90 degree weather is awful. And so on.

Finding some happy association with exercise is crucial. Hopefully you get to the point where you achieve some [endorphin effect](#). Meeting up with and making new friends is a great social aspect of exercise. Seeing your abilities improve and positive changes also help.

You don't have to be a hero every day. Find a routine that makes sense with your life, and then commit to sticking with it. If you miss a day, don't miss the next one. Don't beat yourself up. It happens. Just move on.

It's really important to be a [cheerleader and motivational speaker for yourself](#). It's easy to sink into negative self-talk and make excuses then use one failure to scrap the whole thing. It can be challenging to tell yourself you can do it! But you have to keep doing it. Every day. Most of the things we achieve in life we do by overcoming inertia; fear of failure; fear of rejection. You have to take that first step. Then keep stepping!

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.

Remaining 2024 dates:

August 17

September 22

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

OSB Athlete News

Kathy L 1st AG at Summer Sizzler 10k

Greg A and Ariel A stay tough at Ironman Lake Placid

Kory G 1st AG at Hagg Lake Offroad / USAT Cross National Champs

Hank C 3rd AG at Rex Wellness Knightdale

Kathy L takes 2nd AG at Garden of the Gods 10k

Greg A 1st AG at 3 Little Pigs Sprint Tri

Hank C 1st AG at 3 Little Pigs Sprint Tri

Robert R conquers the Whiteface Uphill Bike race

Bilal 17th AG at Triangle Triathlon

Hank C PRs and 5th AG at Triangle Triathlon

Coach Marty 5th AG at Triangle Triathlon

Triangle Open Water Swim Series



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

May 19 - [results are here](#)

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:

I get knocked down, but I get up again; You're never gonna keep me down ~
Chumbawamba

www.osbmultisport.com



One Step Beyond | Morrisville, NC | www.osbmultisport.com

One Step Beyond | PO Box 4622 | Cary, NC 27519 US

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