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## The Next Level Newsletter - May 2024 - Volume XXI, Issue III

Dear Marty,

### Staying Motivated

If you struggle with staying motivated, just know that you're not alone. Keeping up with work and family obligations is often stressful enough. Throw in some competitive racing goals, and you have all the ingredients necessary for anxiety and loss of motivation. So, what to do?

[Prioritize your life](#). From the top down approach of "what's most important" to the daily organization of your time. If you're a busy person, don't waste time on useless endeavors. You need to be efficient. Streamline your existence!

The top down question is important to answer. We're all motivated differently and need to understand ourselves well before throwing ourselves into the world. What matters most to you may be wildly different than the person next to you. Hopefully you match up reasonably well with your spouse or significant other.

On top of these general life questions, you then need to overlay your athletic or competitive goals. How will these goals enhance or inhibit your other important obligations?

Then, you have to commit to not [overcommitting](#)! I have seen way too many people take on too much, then fizzle out somewhere along the way. It's difficult to manage a 40+hr workweek with parenting, spousing, and some sort of endurance racing goal. It's virtually impossible to do it on a 60+ hr workweek. I mean, why even bother? At that point your goal is really to just live 'till tomorrow and hope your family remembers who you are.

So part of staying motivated requires finding balance and stability.

Once you're there, you have to define goals, milestones, and find [some sort of satisfaction](#) from your pursuits. It doesn't necessarily need to be joy, but that doesn't hurt. A feeling of a job well done, recognition from your friends or family, or just some internal checkbox are all OK. As long as you gain something from the experience.

[Goals and milestones](#) are a lot easier to define. A) Pick your target and B) [come up with a plan](#) that hits other targets/milestones along the way to make (A) realistic and achievable.

Within your daily existence, one of the best ways to remain motivated is to [stick to a routine](#). A routine lets you turn your brain off and enjoy the journey. Your routine is yours; it doesn't need to match some random pro you read about at SuperTriathlete.com.

If you've lost the edge with one type of motivation, look for another angle. There are all

types of athletic events out there. Maybe you don't run as fast as you used to, but you like crawling through mud or running through the forest? Or you can use some random triathlon as an excuse to visit an area of the country you've never been to.

I mean, look, you can afford to be creative out there. It beats sitting around all day! Your future self will thank you for taking care of present day you. Here are at least seven good reasons to keep moving [explained by the Mayo Clinic](#).

## 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.

June 02 - This Sunday

July 20

August 24

September 22

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

## OSB Athlete News

Greg A completed the Wilderness Road 100 mile ride

Hank C summits the 12 mile Mt Mitchell Hike

Jennifer S runs the Beer Mile

Christina B runs the Beer Mile

Coach Marty and Bri run 1/4 of the Beer Mile

Joanne P conquers Ironman 70.3 Chattanooga

Kory G 11th AG at Xterra North American Championship

Chris M top master Jordan Lake OW 2.4miler

Greg A 4th AG Jordan Lake OW 2.4miler

Hank C 9th OA at Jordan Lake OW 1k

Jennifer S takes 3rd AG at New River Sprint Tri

Coach Bri 1st OA at Stacey's Run 5k

Coach Marty 1st AG at Stacey's Run 5k

Ariel A 7th AG at World Q at 70.3 St George

Bilal S 6th AG at White Lake Sprint

Hank C 5th AG at White Lake International

Kathy L 1st AG at Garden of the Gods 5 miler  
Anne M 1st AG at Eagle Way 5k  
Coach Bri wins the Eagle Way 5k  
Coach Marty 2nd AG at Eagle Way 5k

Chris M conquers Ironman Texas  
Tom M first OA at Beaverdam Sprint  
Joanne P 1st AG at Beaverdam Sprint  
Coaches Marty + Bri 2nd relay at Beaverdam Sprint

## 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 Wednesdays 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 June 26, but we need at least 5 sign ups to run the program. Please reply to this email if you're interested!

[Lightning Squad youth training program](#)

## Triangle Open Water Swim Series

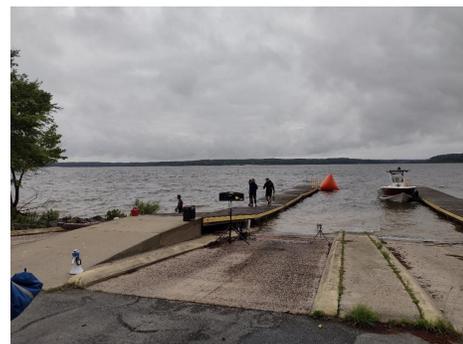


We've set the dates for the 2024 Outer Banks Veterinary Surgery Triangle Open Water Series.

May 19 - [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@osbmultisport.com](mailto:brienne@osbmultisport.com)  
Daniel - [daniel@osbmultisport.com](mailto:daniel@osbmultisport.com)  
Marty - [marty@osbmultisport.com](mailto: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!

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

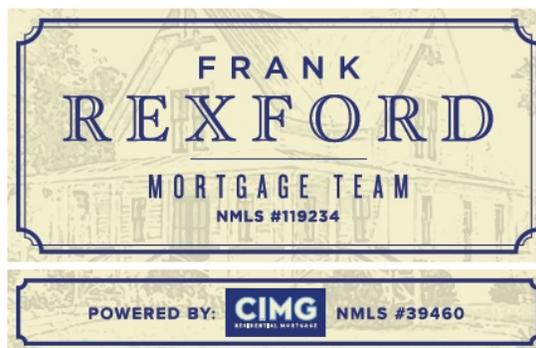
All the programs are hosted on TrainingPeaks. Each program comes with a free basic account. You can check out [the details here](#).

## 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](http://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](http://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!

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### Quote of the month:

*Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible. ~Doug Larson*

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[www.osbmultisport.com](http://www.osbmultisport.com)



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