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The Next Level Newsletter - October 2024 - Volume XXI, Issue V

Dear Marty,

Running through the winter

The fall and winter months are a good time of year for triathletes to focus on running and strength. A challenging triathlon season is time-intensive and tiring, so it's OK to relax a little bit in the off-season!

You *could* hammer the indoor bike trainer or bundle up and deal with the cold, but after a season or two of that you may find your mental stamina for hard year-round bike training waning. The same goes for swimming - unless you really want to improve your swim, or you love swimming, it can be difficult to get into it and stay into it during the colder months.

For those reasons, I advise my athletes to find a few running events they want to do well in, and put swimming and biking into maintenance modes during the winter. This time of year is also good to refocus on strength training, which has typically fallen into low or no priority for longer distance triathletes.

The great thing about a run and strength focus is that it just doesn't consume your life like a full triathlon training program. You can run 3-4x a week, do strength workouts 2-3x a week, and fit in a swim or bike as time and energy permit.

Now, is this a super scientific build for next year's Ironman plan? No, it is not. This is meant for folks who are having fun with the sport and don't mind losing a bit of their swim and bike gains. It's also good for athletes who have been at it for a number of years and like to have a lower demand period before they get back into serious training in the spring.

Finding a marathon or half-marathon is usually a good goal. Marathon training obviously requires some more time sacrifice, while half-marathon training is not as demanding. You can also choose a half-marathon and train like you're getting ready for a marathon.

As you may know, serious runners often run 5-6 days a week. You could try this if you've never done it before. It can be great. It can hurt! The bulk of this running needs to be primarily aerobic or Zone 2 heart rate. This is the base building and endurance zone. A mistake many newer runners make is going too hard to be easy but not hard enough to be challenging to lactate threshold and $\dot{V}O_{2max}$. This mistake often results in lower peak gains, overuse injuries, and a disconnect between the effort they put in and the results they achieve.

For those reasons, it is good to have a plan for every run. An easy run should be easy, meaning you're barely sweating. An interval run day should leave you feeling pretty tired and sore for a day or two. A half-marathon or marathon training run should be pace

specific. Any day where you're not feeling great, dial back the effort and just enjoy your running time.

The older you are the more careful you need to be with the timing of your recovery between runs and the total amount of running you attempt. A 60 year old body doesn't respond to training like a 30 year old.

In general a weekly schedule for a half-marathon plan would look something like this:

Monday: off or yoga or swim

Tuesday: easy run + plyometric drills; strength work

Wednesday: easy run (4th run option) or ride or swim

Thursday: interval run - 5k/10k pace intervals anywhere from 1min to 6 min in length per interval

Friday: optional easy run (5th run option), swim / strength - upper body/core focus

Saturday: long run or swap with Sunday

Sunday: day off or ride, swim, yoga options

Unless you're an elite runner, you should be taking at least 1-2 days off from running per week. You can always walk and hike on those days for some extra time on your feet.

Be aware of how your body is feeling. Pushing through on running workouts is very risky. Dealing with discomfort is one thing; dealing with the beginnings of an injury is something else.

Joining a running team or finding a dedicated buddy or two is great for accountability and motivation.

Running on soft surfaces like dirt and rubber tracks lessens the stress on your body, especially for long runs and interval days.

Always use the first 10-20 minutes of any run workout to warm up; keep the effort easy and ignore pace. You're not impressing anyone with the fastest first five minutes. :)

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

Greg A 1st AG at Hurricane Champ swim
Allen J 5th AG at Hurricane Champ swim
Christina B 3rd AG at Hurricane Champ swim

Kory G hammers the Xterra World Championship in Italy
Kathy L takes 2nd AG at Colorado Springs 5k

Greg A 6th AG at Wrightsville Beach sprint
Hank C 15th AG at Wrightsville Beach sprint
Bilal S 5th AG at Battle at Buckhorn tri
Coach Marty 1st AG at 9 to 5 5k

Nicolai T 1st AG at White Lake Intl tri
Christine B 3rd AG at White Lake Intl tri
Allen J 10th AG at White Lake Intl tri
Hank C 2nd AG at White Lake double sprint
Greg A 2nd AG at White Lake double sprint
Coach Marty 2nd AG White Lake double sprint
Ariel A 2nd OA at the Six-O trail marathon

Coach Daniel 1st OA at 3/8 marathon at Bond Park
Coach Bri 1st AG at 3/8 marathon at Bond Park
Anne M 1st AG at 3/8 marathon at Bond Park

Ariel A 3rd AG at Boston Olympic Triathlon
Joanne P conquers 70.3 Louisville
Hank C 2nd AG at Rex Wellness Sprint
Coach Marty 1st AG at Rex Wellness Sprint

Hank C takes 9th AG at the Lake Lure triathlon
Christina B takes 11th AG at Lake Lure triathlon
Nicolai T takes 3rd AG at High Point triathlon

Hank C takes 1st AG at the Humans of Steel reverse triathlon
Kory G 2nd AG, 9th OA at Xterra Portland

Triangle Open Water Swim Series



Thanks to all our volunteers, partners and participants who helped us with another successful season!

May 19 - [results are here](#)

October 05 - Hurricane Championship swim
[results are here](#)

Our 2025 schedule 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 - brienne@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:

Have I made of life a treadmill, forever stepping but never getting on? Have I made of it a wheel flying round and round, but unbelted and without end or aim? ~Muriel Strode

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