

Subject: One Step Beyond Coaching Newsletter - June, 2021

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The Next Level Newsletter - June 2021 - Volume XVIII, Issue IV

Dear Marty,

2021 Open Water Swim Clinics - coming up this Saturday, June 12

Join us for a 3 hour open water swim clinic at Jordan Lake. Each clinic includes lectures and in-water skills practice. We'll teach you everything you need to know to be ready for open water swims and triathlons.

Saturday, June 12

Sunday, July 11

Saturday, September 18

You can see all the details and [sign up here!](#)

Triangle Open Water Championship - October 17

We will have one open water swimming event this season, on Sunday October 17 at New Hope Overlook. 1, 2 and .5 mile options. You can see all the information and [sign up here.](#)

Article: Racing is back!

It's back! While the total calendar might be a little reduced, there are plenty of options to get your game on. If it's been a while since you've attempted an hour long sub-maximal effort, here are a few reminders.

1) It hurts. A lot. If your training has been sporadic or a lot easier than previous competitive seasons, get ready for some suffering. You can start to remedy this by including more intentional tempo and threshold intervals within your workouts. For example: 3 x 5 minutes at 10k race

effort (run) or at sprint triathlon race effort (bike). As you become more consistent you can lengthen the interval and/or increase the number of repetitions. Ultimately it would be good to be able to get back to 3 x 8-10 minutes for 10k racing and 3 x 15-20 minutes for olympic distance biking.

2) Don't forget where you came from. The pandemic made it easy for many of us to lighten up the load and hang the bike on the wall. Remind yourself how much fun and satisfaction you gained with triathlon training. Reconnect with your training buddies and get back out there.

3) Get your gear in gear. If it's been a while since you changed out your tires, your brake pads, or had a tune-up, now is the time. It's never fun to have a mechanical or flat due to problems that could have been prevented with maintenance.

4) You've got to start somewhere. Maybe you were just getting into triathlon and endurance races and they all went away. Find a local event or two, get back into a training routine, and make the magic happen.

5) Don't dwell on things you can't control. Sure, we lost a year of racing and we're all a year older (and for many of us, a year slower). Be the best 2021 you that you can be.

6) Fun. Fitness. Competition. Somewhere in the Venn diagram of those words you'll find the right mix of motivation and inspiration.

See you at the races!

Run workout of the month

For 5k/10k training:

Warm up 1 to 2 miles easy

20 x jumping jacks

10 x leg swings

2 x of each drill: high knees, butt kicks, sideways, strides. Each for 30-40 yards with a bit of rest between.

Main set:

Starting at either 6 minutes or 8 minutes:

8 minute half-marathon pace - 2 to 4 minute easy

6 minute half to 10k pace - 3 minute easy

4 minute 10k to 5k pace - 2 to 3 minute easy

-here include 3 minutes 10k to 5k pace if you started at the 6 minute interval / 2 min easy-

2 minute 5k pace or slightly faster - 1-2 minute easy

1 minute 5k pace or faster

Cool down: 1 to 2 miles easy

OSB athlete news

Tom Lehr 1st AG and Kona Qualifier at Ironman

Tulsa

Greg Atkinson handles the heat at Blue Ridge 70.3



Kory Gray runs strong at St George 70.3
Christine Broshar stays tough at St George 70.3
Tom Lehr 5th OA at Tritown Sprint Tri
Marty Berger 6th AG at White Lake Olympic Tri
Alisha Woodroof 2nd AG at White Lake Olympic Tri
Coach Marty 3rd open at White Lake Sprint Tri
Marian Bergdolt 4th AG at Sebring Olympic Tri



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 interaction during the training 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 usual local 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

Tuesday | Harrison (Reedy Creek) entrance to Umstead | 7+ mile trail run | Marty
900 AM

Tuesday | Online | Core training
500 PM

Wednesday | OSB HQ | 25m ride | Marty
930 AM

Thursday | Old Reedy Creek entrance to Umstead | Interval run | Bri / Daniel
630 AM

Saturday | Soft surface somewhere | Long run | Bri
Varies

Sunday | Varies | 30+ mile ride | 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](#).

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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

Boone/Beach Mountain area rental from Coach Daniel

We can offer the OSB crew/people on the distro the friends and family discount of \$100/night + cleaning fee. It is a pretty solid discount from our standard rates (\$140/night).

Here is the VRBO link if you are interested: <https://www.vrbo.com/738502?unitId=1286440>

Quote of the month:

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. ~Herm Albright

www.osbmultisport.com



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