



The Next Level Newsletter - August 2022 - Volume XIX, Issue IV

Dear Marty,

Setting goals and working to achieve them

It is easy to set a goal for yourself. You want to finish college. You want to lose weight. You want to save a million dollars. You want to do an Ironman!

For many people, it's another thing entirely to do the work required to achieve that goal. The daily grind, the constant, never ending list of steps and actions and performance self-review, is just too much. The work put in doesn't equate to the goal stated. There's an imbalance in expectations; a conscious misunderstanding of how hard some achievements actually are. "It should be fine," is a lie we tell ourselves to get through the present as we dread the collision with our failed future self.

If you're one of the fortunate few that has no problem with internal motivation and continuous self improvement, kudos to you! You were equipped through personality and/or early environment to see the connection between doing and achieving. Keep on!

For those of you that find you struggle with sticking to the work required to achieve your goals, a few thoughts.

Step One: Nothing in Life is Easy

Allow this to wash over you and through you. Everything worth anything requires time. Effort. Sweat. Blood. Frustration. Tears. Work! There are no handouts. No one is coming to pick you up and carry you across the finish line. Anything you want, you need to do yourself. Don't count on your Mommy and Daddy, your sugar baby, your friends or family, to do what must be done. Allowing yourself to believe anyone else is going to do your work is a recipe for failure. To believe there are any shortcuts = failure. Own it.

Step Two: Do Work Every Day

Whatever this goal of yours is, you need to do some, or a lot, or a ton of work towards it every day. It doesn't really matter what you've heard about rest days or mental breaks or any of that. Every. Day. Counts. If it's a day off of physical training maybe you should review your pacing strategy. Or do some additional reading. Or make sure you're not sabotaging your gains by partying late into the night. Do homework. Do prep work. Don't be a sandbag.

Step Three: Get Fired Up

Some of those fortunate few are great about staying calm cool and collected as they put their nose to the grindstone and hammer out whatever they need to do to achieve whatever it is they want to achieve. You - YOU - need to get excited about what you're doing. Tell your friends. Tell your neighbors. Make them hold you accountable. Bring them along on your ride. Wake up ready to do work. Make it fun. Make it a game. Read other articles about

the ten ways to stay motivated or the 5 SMART goals or the 3 Key Principles. I'm tired of hearing people make excuses for not doing the work. Don't make any excuses. Every time you hear yourself make an excuse, run a lap! Get fired up and get it done.

Step Four: Make a Map

Finishing college requires 120 hours of coursework, more or less. Saving a million dollars requires putting money in the bank every year then yelling at your advisor about rates of return. Your next goal needs a map! What are the conditions required to meet that goal? How much time do you need to make it reality? What milestones do you need to hit along the way? Are there any good books or articles out there on how people with similar goals made it happen? Are there other people in your area working towards the same goal? Are there conferences you should attend or people you should talk to? Your goal is not going to walk into your living room and land in your lap. Get off your butt.

You make it happen.

Open Water Swim Clinic - September 17

We'll run one more open water clinic on Saturday, Sep 17 at Jordan Lake.

3 hours of instruction covering everything you need to know about open water racing and training, including in water skills and drills practice and mini-courses.

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

Hurricane Champ Open Water Swim - October 02

The final open water swim of the Triangle OWS series is on Sunday, October 02 at Vista Point, Jordan Lake. You can read the details about the 1k, 1m and 2m options and [sign up here](#).

Megan M 3rd AG at High Point Sprint Tri

Tom L 9th open at Lake Logan Half
Dylan P 2nd AG at Lake Logan Olympic
Marian B takes on USAT Nationals

Audrey S conquers IM Lake Placid
Coach Bri 3rd OA at the Smiley Sprint Tri
Coach Marty 2nd AG at Smiley Sprint Tri
Hank C runs the Harris Lake 5 miler

Kory G takes 4th AG at Xterra USA Champs
Sarah S 2nd OA at Tri-Cal Olympic Raleigh
Coach Marty 4th OA at Rex Wellness Garner
Nacho Average Team wins the Rex Wellness Relay!

Ariel A takes 1st military, 2nd AG at the Rev3 Williamsburg Half

The Spring Lightning Squad youth triathlon training program will start back in 2023, with an 8 week program finishing with a early season 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 typically 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 8th season of 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.

[Lightning Squad youth training program](#)



Set your calendar up! We will host two open water swims in 2022.

May 01 - Jordan Lake Open Water Challenge

October 02 - Triangle Champs aka The Hurricane Swim

Both events will be held at Vista Point on Jordan Lake. [Sign up here.](#)



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

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 | New Hope Parking ATT | 24m 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 | 30+ mile ride | 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](#).

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 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 cannot endure to waste anything so precious as autumnal sunshine by staying in the house. So I have spent almost all the daylight hours in the open air. ~Nathaniel Hawthorne

www.osbmultisport.com



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