



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

Dear Marty,

We hope you had a great season and will have an enjoyable off-season. This month's article is all about your next season: Choosing your goal race.

Choosing your goal race

Picking your goal race can be a lot of fun. It can also be stressful. Do you choose a convenient location, or a prestigious competitive event? A hilly, cool race, or a flat, hot one? Let's break it down into a few steps.

If your goal is to have fun and travel to new spots, then your only real consideration is to choose an event that's not far outside your ability level. For example, if you're not a good climber and have no intention of becoming a good climber, you shouldn't choose an event with a ton of climbing. If you suffer in the heat, then as far as fun and travel goes, you'd be wise to avoid known hot events.

If you're budget limited, then choosing a good regional event is a realistic target. That limits the financial impact and you can parse the choices to find your best fit.

For my competitive athletes, I do my best to help them align their strengths with their goal event. If you're attempting to qualify for an Ironman or ITU championship, it really makes a difference to target an event that suits your strengths. We can break those down into just a handful of categories: Temperature/humidity, terrain, time of year, and travel time.

Temperature and humidity are major considerations. Some athletes have little to no issue with higher temps or humidity. Others simply don't function as well, and the longer the event, the higher the chance of race-ruining issues. If you want to perform your best, this should be the first item to consider. Athletes can do their best to acclimatize with heat training indoors and training in the hot part of the day outside, but there's an underlying predisposition to heat tolerance or intolerance that never entirely goes away.

Terrain is the next big one. Races can be hilly, flat, mountainous, and have a high potential for rough water. Athletes need to do real self-assessments with their skills. Poor swimmers should veer away from ocean swims and look at river and lake events as a goal race. Weak climbers should rule out mountainous bike courses as potential competitive choices. Weak runners should stick to flatter run courses.

The time of the year is another real issue to consider. Your life outside of this sport has an impact on how well you're able to train and recover. So ideally, not only are you picking an event that suits your strengths, you're picking an event that sits at a good time of the year for you. An obvious example would be a teacher who doesn't work much or at all during the

summer. That would allow this athlete to train well during the summer and pick a late summer or early fall event as their goal race. However, if that athlete also was heat intolerant, it would change the equation. Perhaps they could train pretty well during the summer and then extend the training cycle into the mid fall so their event had a higher chance of being cool. Or, through experience maybe they have realized it's just better to train and race in cooler temps (re: winter/spring) and deal with the time crunch at that time of year. There are lots of variables!

The travel time is another concern. If it takes you a full day of travel to get to an event, you'll need several days to recover from the travel and to adjust to the time change. If you're not able to build that into your trip, then the travel may be too overwhelming to deal with. Can you drive or do you need to fly? What bike transport options are available? Do you have any support in the form of family and friends nearby?

If your goal race is a USAT National Championship or a World Champ that you've already qualified for, then you don't have a say in the time or location. In this case, you need to mimic the conditions of the race in your training as much as possible. This is called specific preparation. You can train indoors on a smart bike trainer that emulates the course. You can turn off the fan and turn up the heat over time to acclimatize to heat. Athletes can complete key workouts in conditions as close to the expected race conditions. It is worth a bit of travel on a few weekends if you need access to similar terrain.

In the end, when you choose an event that aligns with your strengths, and you specifically prepare for that event, your odds of having a good to great race day increase quite a bit!

Greg A conquers Ironman Florida
Marian B 1st AG at Old Reliable 10k
Tom L BQs at the NYC Marathon

Sarah S BQs at Marine Corps Marathon
Ariel A 7th AG the Marine Corps 50k
Christine B represents at the Ironman World Champs 70.3 in St. George

Tom L 1st OA male at Hurricane 1 miler
Greg A 1st master at Hurricane 1 miler
Marian B 1st AG at Hurricane 1 miler

Megan M PRs at Ironman 70.3 NC
Hank C conquers Ironman 70.3 NC
Dan S conquers the Bull City Half Marathon
Coaches Bri and Marty stay married through SwimRun NC

Kory G and Tom L crush it at Ironman World Champs - Hawaii
Marian B 1st AG at Sandling Beach Tri
Joanne P 1st AG at Sandling Beach Tri
Ariel A goes sub 5 at Seagull century ride then PRs at the Army 10 miler

Tony B conquers Ironman Memphis 70.3

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 2023.

late April or early May - Jordan Lake Open Water Challenge

late Sep or early Oct - Hurricane Championship 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 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

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 | 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:

Always be a first-rate version of yourself, instead of a second-rate version of somebody else. ~Judy Garland

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