



The Next Level Newsletter - February 2023 - Volume XX, Issue I

Dear Marty,

We hope your late winter / early spring training is on track!

We have a number of swim clinics and a kids training program coming up. We've also finalized the dates of the Triangle Open Water Swim Series.

Beginner Triathlete swim clinic - April 08 | Cary NC | 2:00-5:00PM

3 hour pool clinic covering the basics of swim technique + training, entry level triathlon training, and basic form drills for improvement. Half classroom and half in-pool.

Read the details and [sign up here](#).

Lightning Squad Youth Triathlon Spring Training - March 30 to May 29 | Cary | 2x weekly

The squad is for kids 7-14 and will prepare them for a spring kids triathlon. Twice weekly coach-led practices held on Thursday and Sunday afternoons on local greenways and park areas.

Read the details and [sign up here](#).

Open Water Swim Clinics - April 15 thru Summer | Jordan Lake | 8:00AM - 11:00 AM

3 hour clinic covering everything you need to know about open water training and racing. Include lectures and in-water skills practice and optional practice courses.

Read the details and [sign up here](#).

Jordan Lake Open Water Challenge - April 29 | New Hope Overlook, Jordan Lake | 8:00 AM

1k, 1.2 mile, and 2.4 mile options. Prices go up on March 29. [Sign up here](#).

Triangle OWS Championship, aka the Hurricane Swim - September 23 | Vista Point, JL | 8:00 AM

1k, 1 mile and 2 mile options. Prices go up August 23. [Sign up here](#).

Spring Motivation

If you've been having a tough time getting into a routine, now's a great time to make some

changes! The weather is on the way to being more pleasant, the days are getting longer, and your friends are waiting for you on the trails.

My experience with most adult athletes is that the morning is the best time to get your workouts done. Knocking training out before the day takes over your life and energy is the way to go. You'll get it done before you really have the opportunity to think too much about the workout and everything you have to do afterwards. Guess what? You'll feel better, too! Over the long haul you'll have more energy to tackle the day and do so with a better attitude.

So get started. Set some goals. Pick a race. And make a promise to yourself to make some you time.

Swivel Bottle

A former OSB athlete has come out with a really neat running bottle that separately holds 2 drinks. You can see the bottle and place an [order here!](#) Use code OSB10 for 10% off.

Allen J PRs at Charleston Half-marathon
Megan M 25th AG at Charleston Half-marathon

Ariel A 7th OA, 2nd AG at Sledgehammer Beach Run half-marathon
Coach Bri 3rd AG at Tallahassee half-marathon
Coach Marty 4th AG at Tallahassee half-marathon

Chris M PRs at the Savannah Love Chocolate half-marathon

Joanne P 1st AG at the Northeast Park Duathlon!



The Spring Lightning Squad youth triathlon training program will start back March 30, 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 will take place on Thursdays 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 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.

[Lightning Squad youth training program](#)

TRIANGLE OPEN WATER MILE SWIM SERIES

Set your calendar up! We will host two open water swims in 2023.

April 29 - Jordan Lake Open Water Challenge
1k, 1.2m, 2.4m options

September 23 - Hurricane Championship swim
1k, 1m, 2m options

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 - brianne@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

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:

No matter how long the winter, spring is sure to follow. ~Proverb

www.osbmultisport.com



One Step Beyond | Morrisville, NC | www.osbmultisport.com

One Step Beyond | PO Box 4622 | Cary, NC 27519 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!