



The Next Level Newsletter - March 2023 - Volume XX, Issue II

Dear Marty,

Our latest article, below the clinic and race information, is about your approach to the first race of the season.

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](#).

Your first race of the season

Your first race of the season shouldn't be your goal race for the season. It should be used more as a shake off the cobwebs type of event. That is not to say that you should be unprepared and confused about what to do. Rather, using the first race of the season as a good hard practice is a sound strategy.

How much time you need to prepare for this event depends on a few things. What sort of shape did you keep from your previous season? Are you coming off a long period of little to

no training? What distance is the event? At least 8 weeks is a good minimum to get ready.

In my coaching, I recommend athletes do a sprint or an olympic prior to a goal 70.3 or Ironman, so they have at least one race rehearsal under their belt prior to the big day. So mistakes can be learned from and resolved without having to suffer the consequences in a 4+ hour event.

Your preparation for this first race of the season will vary with your ultimate goals, but at a minimum you should be reasonably confident in your ability to complete each leg of the race; have a pretty good idea of your nutrition and pacing plans for the race; and have done a thorough check of your equipment prior to the race. Showing up with balding tires or whimsical shifting is not ideal!

For example, if you have planned an olympic distance race in mid- April and a 70.3 in May or June, by the end of March you should be comfortable riding 30-40 miles, running at least 7-8 miles, and swimming 1 mile in separate sessions. So the distance of the olympic race at this point shouldn't be very intimidating, it's just putting everything together and figuring out your intensity that may be. Ideally you will have completed a handful of brick (bike-run) workouts, and spent some time at goal-70.3 intensity if not higher.

A safe approach for this olympic-distance race would be to race it at goal 70.3 intensity, which would be in the 75-85% range of FTP for the bike (heart rate Zone 2 to 3) depending on fitness. This way you are actively working towards your ultimate goal and can see how your nutrition and pacing work. A more aggressive approach that would be more suitable to experienced athletes would be to race closer to lactate threshold, or 85-95% FTP (HR Zone 3-4). The most aggressive approach would be to just go as hard as you can as long as you can, and see what happens! (This is a real strategy that works for super fit athletes).

Whatever your approach, it is good to plan a light week of training going into this event so that you can get a solid idea of where you're at. Racing at any level on tired legs and depleted reserves makes everything harder, and you're less likely to get a realistic preview of your goal race ability.

Your expectations from this race should be in line with your preparation. If you're coming off a long period of little to no exercise, then finishing should make you happy. Even the shortest sprint triathlon is a tough event requiring endurance and internal fortitude.

If you've been hammering with the A group all winter, then you're entitled to have higher goals. Beyond working out the kinks of transitions and nutrition, you may target a podium spot or a particular FTP / HR value, a particular pace, or an overall goal time. Meeting goal times is especially relevant if the race is on a course you have completed before. Conditions will always vary, but you can allow for that.

One of my highest achieving athletes would race against himself from years past. By tracking times in this way, he could see the real world results of the work he put in season after season. Tom 2022 really beat the heck out of Tom 2018!

A checklist of first-race goals could be:

- Smooth swim (especially for nervous swimmers) - stay relaxed, find your own rhythm, stay confident
- Efficient transitions - You don't have to be the fastest, but the goal here is to get in and get out. Have a plan and walk through prior to the race start. Re: "This is where I come in from the swim, my rack is the 4th on the right. Shoes, helmet, glasses, grab bike and exit at the other end. Don't mount until the mount line."
- Thoughtful hydration and nutrition - Have a schedule. Drink a few ounces at least every 20 minutes, and for events lasting longer than an hour you should be consuming calories via gels, blocks, additives to your drink, or what works for you
- Steady biking - Riding a triathlon bike leg like a road race only works if it's a sprint or you're a super strong rider. Steady power is the way to go. Watch your variability.
- Comfortable running - Focus on good form, turnover, and a relaxed upper body. The effort and pace should take care of themselves if you do.
- Stay in the moment - Engage in your race. You can analyze as you progress. Recognize how you're feeling and adjust as need be. Don't be a slave to the exact plan you wrote down. Newer athletes in particular need to learn this.

The first race should also be fun. It should be a low-stakes affair where you can afford to make mistakes or try out your new strategy. You should walk away with a realistic assessment of your fitness and a good idea of what you can achieve at your upcoming goal event.

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.

Kathy L takes 1st AG and PR at the St Patty's Day 5k

Michael V PRs at the NYC Half-marathon

Jamie D 1st AG at Luck of the Irish Triathlon

Hank C runs the Tobacco Road Half-marathon

Coach Daniel runs the MST 50 miler

Erik J runs the MST 50 kilometer

Coach Bri 2nd OA at the Run the Peak 5k

Coach Marty 1st AG at the Run the Peak 5k

Megan M runs the Myrtle Beach half-marathon!



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:

Logic is one thing, and common sense another. ~Elbert Hubbard

www.osbmultisport.com



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