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## The Next Level Newsletter - November 2023 - Volume XX, Issue V

Dear Marty,

Our latest article is about staying in shape and having fun in your off-season.

### **Mixing it up in the off-season**

At this time of year in the northern hemisphere, you should be wrapped up or close to wrapped up on your competitive endurance racing season. I hope it was a good one! If you put in the time and effort, you are likely mentally ready to ease off the gas and take a step back for a few weeks. And you well should. Training and racing hard takes a toll, especially if you have been balancing that as well as possible with work and life demands. You deserve a break.

A break, however, doesn't mean you should sit on your bottom and watch the world pass by the entire time. It does mean you get to move into general fitness and unstructured training for a while.

If you're on the young side, you may have the time and energy to stay pretty gung ho about your specific area of training. That's great! In that case you might want to take a good look at your annual plan. It's fine to stay in good shape all the time, but it's dangerous to attempt to stay in top shape *all the time*. Everyone needs an ebb and flow to their training. For US based athletes, the winter season is the best time to back off a bit.

Consider cutting a few hours from your average training week. If you hit a lot of 15-20 hour weeks in the heart of the season, a few weeks in the 10-12 hour range won't be the end of you. You can even keep up with regular interval training. Just cut back on everything a bit. Mixing it up a bit wouldn't hurt.

For my older athletes, definitely switch things up. The off season is a great time to focus on strength, which often falls by the wayside during the high season, and maintaining or improving your weakest leg. If you've become a well balanced athlete over the years, then you can just pick something that will keep you entertained and in shape during this time.

There are plenty of good options. Mountain biking, cyclocross, trail running, hiking and rucking, and more in-depth strength and conditioning routines. Sports unrelated to endurance events could be entertained at this time as well - volleyball, tennis, pickleball, soccer, martial arts, and so on. Always wanted to check out CrossFit or Orange Theory Fitness? Now's the time. Never had a moment for a yoga class? Now you do.

Coaches can talk about numbers and gains and peaks until we're tongue-tied and cross-eyed looking at charts. Yes, there will be some loss of fitness when you take an off-season. No doubt. But, to use an easy analogy, you have to stop your car every few hundred miles

to put gas back in the tank (or plug in your EV). You must consider the physical and mental recuperation that are crucial to long term success and improvement.

To be fair, the less you train during the regular season, the less you need to back off at any point in the season. What I mean by this is that if you're not actually training enough to challenge yourself, you don't really need time to recover from this lack of challenge. Athletes like this might do best to stick to the routine they've established so as to not fall out of the habit. In the grand scheme of things, training for races is just an excuse to keep in good physical condition.

Athletes that do challenge themselves during the season really should back off after the final major race. That is when you get to physically recover and mentally unwind. Doing so will allow you to prepare to go hard again in the next season. This break from structured training can also help reinject that sense of fun doing new and different things. Having fun while staying in shape has got to be a good thing!

### **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.

## OSB Athlete News

Allen J PRs by 17 minutes at the Richmond Marathon  
Greg A PRs by 37 minutes and 4th AG at the Edisto Island (Half) Triathlon

Ariel A PRs and goes sub-10 at Ironman Florida  
Urosh T PRs at City of Oaks Marathon

Tony B conquers Ironman Portugal, his first!  
Coach Marty 1st AG at the 6m Eno River Trail run  
Coach Daniel takes 2nd OA at the Uwharrie 100k mountain run

Jamie D conquers Ironman World Champs Hawaii!  
Dan S runs the Bull City Half-Marathon  
Urosh T rides the Jackrabbit Big Ring Challenge

Megan M 5th AG at the Carrboro 10k  
Greg A 1st AG at the Hurricane Swim 1 mile  
Tony B 1st AG at the Hurricane Swim 2 mile

Kory G 1st AG at the Malibu Triathlon  
Kathy L 1st AG at the Colorado Springs 5k  
Greg A 2nd AG at the Battle at Buckhorn  
Joanne P 1st AG at the Battle at Buckhorn  
Coach Marty 1st AG at the Battle at Buckhorn

Urosh T conquers Ironman Chattanooga, his first!  
Robert R conquers Ironman Maryland!  
Chris M 4th AG at Patriots Olympic Tri  
Kory G 4th AG at Xterra Lake Tahoe

Ariel A conquers tough terrain at Ironman World Champs in Nice!  
Tony B 11th AG at White Lake Fall Olympic tri

## OSB Lightning Squad youth training



program will return in spring 2024, with an 8 week program finishing with a late spring 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 9th 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 Swim Series



We're figuring out our 2024 schedule for the Outer Banks Veterinary Surgery Triangle Open Water Series.

April TBD - Jordan Lake Open Water Challenge presented by Swivel Bottle  
1k, 1.2m, 2.4m options

Sept or Oct - Hurricane Championship swim  
1k, 1m, 2m options

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



## 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 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

## Our local group 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 - [brienne@osbmultisport.com](mailto:brienne@osbmultisport.com)  
Daniel - [daniel@osbmultisport.com](mailto:daniel@osbmultisport.com)  
Marty - [marty@osbmultisport.com](mailto: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 | greenway rides | 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](#).

## OSB Sponsors

### 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](http://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](http://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:

*There is no strong performance without a little fanaticism in the performer. ~Ralph Waldo Emerson*

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[www.osbmultisport.com](http://www.osbmultisport.com)



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