

The Next Level Newsletter - April, 2025 - Volume XXII, Issue III

Dear Athlete,

What are my training zones?
Our latest video discusses the value of training zones and how to set them up, along with a link to a calculation sheet. Smash that like and subscribe!

There are a few different ways to look at training zones. You can use power, heart rate, run and swim paces, perceived exertion, or some combination of these (my recommendation).

Power requires that you have a power meter and calibrate it somewhat frequently to remain accurate. Power can be used for biking and running. It's also measurable in swimming with some new products on the market. Power is good to understand because it shows your immediate effort. It also works well to help motivated athletes set an upper limit on their effort in longer events.

Heart rate has been around for a long time and requires a heart rate monitor, which comes with most GPS type watches at this point. Heart rate is a bit of a lagging indicator, meaning it can take a few seconds to a couple of minutes to level out at your current effort. It also varies quite a bit due to heat and humidity, or lack thereof.

Run paces are great for flat roads and track running, but have to be flexible when dealing with variable terrain. Jack Daniels VDOT method is great to figure out your run paces. You also have to consider environmental factors. Most athletes HR and perceived exertion will be higher in the heat at the same relative pace.

The same goes for swim paces. It's very good to correlate your paces to a training zone, but the caveat with both swim and run paces is that you're not going to feel your best every time you take on a training session. Keep that in mind and be flexible.

Perceived exertion is definitely better than no guidance, but takes some time to really figure out your body and true effort levels.

We recommend setting up your zones based off a threshold test. The simple way to do this is a 30 minute time trial then multiply that 30 min average by 97%, which establishes your functional threshold power (FTP) or lactate threshold (LTHR). The plug that into a calculator for your recommended zones. FTP/LTHR are both your maximum (best) 1 hour average.

Your zones will go higher with dedicated training, and decrease when you don't train. They're also inclined to drop a bit with age over year 40.

Testing your threshold every 2-4 months is important to ensure you train properly. The goal with lactate threshold is to get it as close as humanly possible for you to Max HR. The bigger the gap the more room you have to improve, though we all have our own personal limits.

Below are a couple charts with examples and cross references of the time / effort that can be managed in these zones. The first explains some bike power ranges while the 2nd is a running HR zone chart.

30 minute Avg TT wattage *.97		203		
Specific percent targets (what we mostly use)				**duration of time you can ride (**
65% FTP - easy	131.95			all day
65-70% 6+hr IM range	131.95	142.1		6+ hr
70-75% IM range / 5-6hr IM range	142.1	152.25		5+ hours
75-77% high Z2 / comfy fast	152.25	156.31		4+ hours
80% low tempo / half / (no man's la	162.4			3 hours
81-84.9% (half IM)	164.43	172.347		2.5-3hr
85-88% Z3 / super fit half IM	172.55	178.64		~2.5 hours
88-93% PRO fit half IM - normal Oly	178.64	188.79		~2 hours
92-99% sub-threshold / Z4 / OD	186.76	202.797		1.5 hours
FTP 100% (Z4-5a) ~LTHR	203			30 min to 1hr
100-105% over threshold / Z5a	203.203	213.15		~5 minutes
106-120% / Z5b / power intvls	213.353	243.6		<2 minutes
Z5c - super hard	anything higher			5-30 sec

Running zones	Your 30min TT after * .97			180
Aerobic, easy, warm up, all day cruise pace	Zone 1	119	152	
Aerobic, steady, moderate, 4 hour+ effort, AeT	Zone 2	154	163	
comfortable fast, AeT, half-IM to fit IM effort	Top of Zone 2	163	163	
tempo, moderate hard, 1-2 hour+ effort (fit Half IM)	Zone 3	164	172	
sub threshold, hard but manageable, 30 min-1hr effort	Zone 4	173	179	
LTHR - over threshold, hard, 5 minute effort	Zone 5a	180	184	
very hard, 1 minute effort	Zone 5b (6)	185	190	
all out, maximal effort, 5 second sprint	Zone 5c (7)	191	+++	

2025 Jordan Lake Open Water Challenge results

Congrats to everyone who competed on Sunday, April 27 and thanks to all our support and volunteers. It was one of our choppier swims due to the prevailing winds.

Top 3 2.4m women
1 - Becca Mann 45:47
2 - Shandra Quirk 51:37
3 - Laura Vetter 56:35

Top 3 2.4m men
1 - Jason Fox 46:06
2 - Christian Mccurdy 46:54
3 - Mike Bitzenhofer 52:17

Top 3 1.2m women
1 - Emily Tekelenburg 26:59
2 - Elisa Mian 27:53
3 - Emilynn Haymore 28:41

Top 3 1.2m men
1 - Jason Kao 22:51
2 - Michael Cotton 27:44
3 - Geoffrey Oyler 28:31

Full results can be found here

2025 Open Water Swim Clinics



Join Coach Marty Gaal for a 3 hour open water training clinic on the beach at Jordan Lake. The clinic includes discussions of open water situations and swim training, and in-water skills and practice swim courses. This is a great way for new open water athletes to get comfortable and confident before entering a race situation.

Sunday, June 15 - Seaforth Beach, Jordan Lake
Saturday, July 12 - Seaforth Beach, Jordan Lake
Saturday, August 16 - Seaforth Beach, Jordan Lake
Saturday, September 20 - Seaforth Beach, Jordan Lake

You can read the details and **sign up here**.

OSB Athlete News

Greg A represents at the Martinville Half-Mar
Kory G runs the Gresham Lilac Half-Mar
Megan M 8th AG at St Anthonys Olympic Triathlon
Kathy L runs the Madiera Half marathon
Coach Marty 2nd AG at Beaverdam Sprint Tri
Nicolai T takes 1st AG, 10th OA at Pinehurst Intl Tri
Christina B takes 5th AG at Pinehurst Intl Tri
Kathy L runs the Cherry Blossom 10 miler
Sean M cycles around Mallorca

Triangle Open Water Swim Series

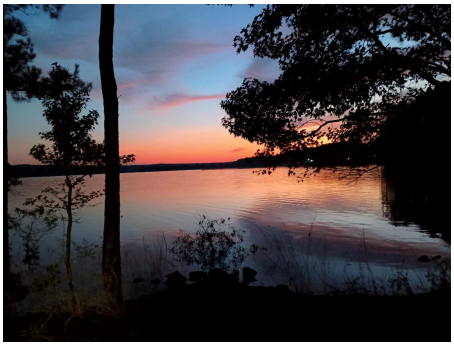
TRIANGLE
OPEN WATER MILE
SWIM SERIES

We're back for 2025 with spring and fall events:

April 27 - Jordan Lake OW Challenge - .6m, 1.2m and 2.4m options

October 05 - Hurricane Championship Swim -.5m, 1m and 2m options

Registration is now available.



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 - 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 (summertime)

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

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:

One fails forward toward success. ~Charles F. Kettering

www.osbmultisport.com

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