

The Next Level Newsletter - February, 2025 - Volume XXII, Issue I

Dear Athlete,

There's no time like the present
January and your New Years resolutions have come and gone. You made it for a couple of weeks then your old bad habits crept back in. You started sleeping in and missing your morning sessions. You're too busy on the weekends. It's too hard to cook at home every night. I get it. Life's not fair!

That's why there is tremendous value in the notion of living in the moment. You can't fix whatever mistakes you made in the past. You can't control everything the future will bring to you. You can control what you do *right now*, and how you think about yourself and the world *right now*.

With that in mind, let's discuss how that all works.

The first thing to understand is we have to separate dreams and goals from reality. Dreams and goals are ideas we put out into the world with the hope that we come up with an actionable plan that can achieve those dreams and goals. Reality is whatever you are doing, thinking, and experiencing right this second.

Thinking about the future can be your temporary reality, but it's abstract. It exists only in thought. Your actions (or inactions) are what take you along the road to your future.

Overcoming inertia is not just an object lesson in physics. It's a real psychological barrier to action. We must get out of bed and do things in order to make things. We must cook breakfast in order to eat breakfast. We must put on our running shoes in order to step out the door for a run. We have to take that first jumping step to get going. We have to repeat that process many, many times in order to become a competent runner!

Our dreams and goals are often overwhelming if we compare where we are now to where we want to be. As Teddy Roosevelt said, "comparison is the thief of joy." So don't compare. Do. Be. Do the things you need to do. Be aware that your time is now. This is your chance! Yesterday is truly just a memory. Tomorrow will always be tomorrow.

I'm not saying that every waking moment of your life has to be dedicated to becoming better or making things happen. I am saying that every moment is your moment.

This concept is similar to the **idea of mindfulness** - being aware with judgement-free attention in the moment.

Adult life is full of repetitive, mindless but necessary tasks we have to complete in order to lead an independent adult life. How you choose to allocate all your other time is where the difference begins. You can fill all those moments with endless scrolling through social media or a bazillion tv shows or you can go do things and make things happen. The you-right-now is the one who makes those choices.

This is why there are **so many books** dedicated to developing a positive mindset and positive thinking. Experentially we are all trapped in our own minds. We can share ideas with other people and the world through communication, but you are the first person you meet in the morning and the last person you talk to at night. You see the world through your eyes every moment of every day. You do, or do not (Yoda).

Positive thinking is an extremely helpful way to see all the things you could be doing to get from X to Y. And that sort of positive thinking makes it easier to believe that you can get from X to Y.

And if you believe you can, if your personal reality is one where you can achieve things, you're far more apt to try.

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, April 20 - Seaforth Beach, Jordan Lake
Saturday, June 07 - 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

Coach Marty 1st AG at the Ghost Road 8 mile run
Robert R runs the Disney half-marathon!

Sean M 20th AG at 70.3 Florida
Robert R conquers 70.3 Florida

Triangle Open Water Swim Series

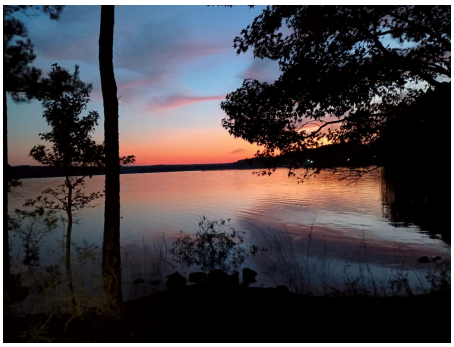
TRIANGLE OPEN WATER MILE SWIM SERIES

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:

A positive mindset may not solve all your problems, but it will annoy enough people to make it worth the effort. ~ Herm Albright

www.osbmultisport.com

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

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

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