

The Next Level Newsletter - July, 2025 - Volume XXII, Issue V

Dear Athlete,

We've joined the video age:
Our crack team of video editors and producers (this guy) have been going at it for several weeks! The latest vlogs are:

70.3 / Half-Ironman race pacing

Sprint and Olympic race pacing

Dealing with the heat

Dealing with the heat part 2

Training on vacation

You can see the full Triathlon and Endurance Training Concepts playlist here.

There's a lot of information out there in the world. Triathlon training can get pretty specific and technical, but you don't have to be a rocket scientist to figure things out. If you're just getting started, use KISS (keep it simple, silly) to keep yourself grounded.

Article links:
Pick a realistic goal
Figure out a schedule that works for you
Be consistent
Be positive - don't let setbacks or misses derail your long term plan

One of the best things you can do as an athlete is find other individuals and groups to train with. The comraderie of shared experiences and motivation to stay on track are positive dynamics inherent to group training. You can vary your intensity / mission focus throughout the season - meeting for fun and social reasons in the off-season or when you're not super motivated, or hammering at the front of the pack when you're psyched and ready to go. Groups can and will pull you through tough times and be your support pillar when you need that little bit of external motivation.

Also, friends are good. :)

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.

Our remaining clinic dates:

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

Ariel A takes 3rd AG at Ironman 70.3 Maine!
Christina B conquers 70.3 Musselman!
Kory G 3rd OA at Hagg Lake Sprint Tri and 3rd OA at Hagg Lake USAT Cross Natl Champs the next morning
Christine B 1st Master at Hagg Lake Trail 5k
Coach Marty 1st AG at Rex Wellness Knightdale
Greg A 1st AG at Rex Wellness Knightdale
Megan M runs the 4 on the 4th!
Kyle R conquers the Tupper Lake Tinman Half-Iron!

Circle City Veterinary Surgery
Triangle Open Water Swim Series

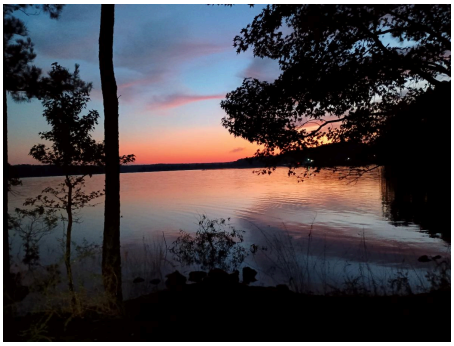
TRIANGLE
OPEN WATER MILE
SWIM SERIES

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:

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow. ~Mary Anne Em Radmacher

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www.osbmultisport.com

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