

The Next Level Newsletter - June, 2025 - Volume XXII, Issue IV

Dear Athlete,

What are training phases?
We posted a few more explanatory videos over the last few weeks. You can see the full Triathlon and Endurance Training Concepts playlist here.

Training phases are periods of a few weeks or months during which you emphasize a particular aspect of training. This doesn't mean you ignore other aspects, but the focus and your key workouts revolve around the priority.

In a periodized training program, the phases tend to be:

Preparation - Just a few weeks getting used to a schedule and focusing on consistency. This is important for new athletes or athletes returning after an extended break. Generally nothing hard or long. Laying the groundwork to do more challenging workouts in the future. New athletes may spend a few months here to allow their body and mind to adapt to training stress.

Base - 8 to 12 weeks. The focus is on building endurance and finalizing any heavy strength (weights) work. During the base phase you're working on building the biggest 'base' of your pyramid of training. In a perfect scenario, your longest rides and highest overall volume of training will be during this period of time. However from a life and time management standpoint, a lot of working age group Ironman athletes wind up with their longest sessions in the build phases of training. Some focused and limited threshold type intervals are appropriate for experienced athletes.

Build - 6 to 8 weeks. The emphasis switches to more threshold-challenging workouts, with the goal of improving lactate threshold and functional threshold power. We still include endurance sessions to maintain our base, but key workouts work towards race day pacing or faster. The volume of training is a bit less than the base phase but the overall stress may be higher due to the harder training sessions.

Peak and taper - technically two different phases but in practice 2-4 weeks of bringing down the volume and intensity so your body and mind recover, heal, and rest for your key race. We still include endurance and threshold sessions, just shorter and more time-limited. The goal is to be feeling fully rested going into your big race.

There are some methods in which the base and build phases are effectively switched, where an experienced long-distance athlete may do more threshold challenging workouts early in their program, then switch to an endurance focus closer to a long race. This sort of program is predicated on having a fairly large base from previous seasons.

Athletes on the higher side of training volume (time) and total stress (time+workout intensity) should take a lighter week every few weeks throughout all periods to recover. Athletes on the lower side may not need a full recovery week. Every athlete's life balance and response to training is different, so what works for athlete A may not work for athlete B.

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, 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

Nicolai T 1st AG at 3 Little Pigs Triathlon
Coach Marty 1st AG at 3 Little Pigs Triathlon
Greg A 2nd AG at 3 Little Pigs Triathlon
Ariel A 4th AG at USAT Aquathlon Nationals
Christina B 2nd AG at the Triangle Triathlon
Greg A 3rd AG at the Triangle Triathlon
Coach Marty 3rd AG at the Triangle Triathlon
Allen J overcomes a mechanical at Triangle Tri
Kathy L 12th AG at Bolder Boulder 10k
Ariel A qualifies for 70.3 Worlds at Chattanooga 70.3!
Nicolai T 1st AG at White Lake Half
Megan M 8th AG at St Anthonys Triathlon

Triangle Open Water Swim Series

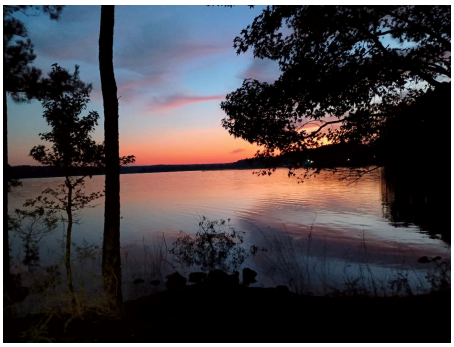
TRIANGLE OPEN WATER MILE SWIM SERIES

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:

It is never too late, which is too bad, because it would get an awful lot of people started. ~Robert Brault

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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