

The Next Level Newsletter - March, 2025 - Volume XXII, Issue II

Dear Athlete,

How important is consistency?
This time we posted a video discussing the **value of consistency for triathlon training**. Smash that like and subscribe!

Consistency in athletics is the idea of being regular and engaging in exercise somewhat frequently. For a simple example, completing 4 x 45 minute running sessions per week rather than 1 x 3 hour weekend session. This sort of structure is much better for multiple reasons:

Being consistent/frequent challenges your body to adapt, resulting in a better training response - things like muscle strength and endurance, soft tissue adaptation (strength/resilience), increased blood volume, and improved cellular function.

It eliminates or reduces the detraining effect - Within 2-3 days your body will start to reverse the gains it has made. Your body doesn't lose everything right away, but things like blood volume and muscle glycogen storage go in reverse pretty quickly. Taking an intentional break is good and healthy; being systematically infrequent is not.

Being consistent reduces your chance for injury and overtraining. By spreading the training stress over multiple sessions, you maintain balance between challenging your body to adapt and overtstressing your body. Your body will heal from each session, growing stronger over time. But too much stress without enough base will cause bigger damage which can make it difficult or impossible to keep doing that exercise. That's bad.

Multiple sessions allow you to change the focus of particular workouts. With our four session example, you could have a fast interval workout, a moderate tempo run, and two easier endurance / form and drills workouts. This is impossible to recreate if you load it all into one session.

Consistent exercise is also a boost to your baseline metabolism, both from a daily calorie burn and increased muscle mass perspective. Training correctly is complimentary to healthy living.

Triathlon is time intensive and difficult to successfully train for since your goal is to be at least competent in all three sports, let alone the supplemental strength and flexibility stuff! Understanding the reasoning behind workout structure and spacing between efforts is critical to your long term success in the sport. *Consistent* improvement over time is the goal. Not wrecking yourself every Saturday!

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
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

Michael V PRs at the NYC half marathon
Coach Daniel 10th AG at Tobacco road half
Coach Marty hangs tough at Tobacco road half
Christina B runs the VA Beach Shamrock half
Allen J runs the VA Beach Shamrock half
Kory G runs the Portland Shamrock 8k
Christine B runs the Portland Shamrock 8k
Nicolai T takes 2nd AG at Azalea Triathlon

Triangle Open Water Swim Series

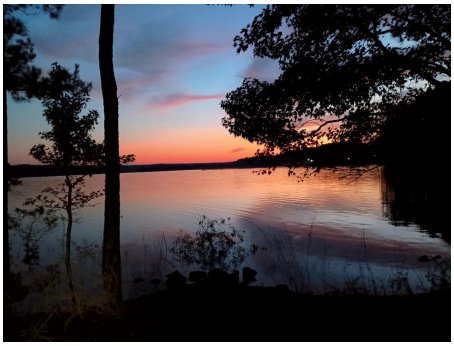
TRIANGLE
OPEN WATER MILE
SWIM SERIES

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:

Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come. – Dwayne Johnson

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