

The Next Level Newsletter - November, 2025 - Volume XXII, Issue IX

Dear Athlete,

Vlog - Intermediate Ironman training and race pacing guidance

Our latest vlog (**linked here and below**) gives an overview of Intermediate level Ironman training and racing.

Once you've finished an Ironman or have a few seasons of shorter triathlons under your belt, you're likely ready for an Ironrace that goes beyond just finishing. Setting time goals and working towards that is more challenging than just finishing. This video covers some of the main topics for you to be aware of:

- Training intensity, workout training scores, and weekly goals
- Key long workouts
- Why understanding your energy systems is so important
- Race pacing
- Race nutrition
- The problem with feeling good early in the race
- Managing fatigue

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



2026 Open Water Swim Clinics



Join Coaches Marty and Bri 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 2026 dates will be set in February.

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

OSB Athlete News

Kathy L runs the CO Springs Turkey Trot
Sean M PR and 1st AG at the John Boyle 10m Turkey Trot
Blair R 6th AG at Inside Out Sports Turkey Trot
Greg A 5th AG at IOS Turkey Trot
Allen J runs the Bel Air Turkey Trot
Christina B runs the Bel Air Turkey Trot

Robert R runs the Huntington Thanksgiving 4 miler
Dan S runs the Knoxville Turkey Trot
Coach Bri 6th AG at IOS Turkey Trot
Coach Marty runs the IOS Turkey Trot
Junior Awesome 2nd OA at IOS 1 mile Turkey sprint

Sarah M BQ and PR at Philadelphia Marathon
Ariel A 5th AG at Kona Q at Ironman Cozumel

Anne M 2nd AG at Holly Springs Half marathon
Allen J 2nd AG at Holly Springs 10k
Christina B 7th AG at Holly Springs 10k
Coach Marty 10th AG at Holly Springs half

Nicolai T 4th AG at Ironman Arizona
Christina B runs the Richmond Half-Marathon
Allen J runs the Richmond Half-Marathon

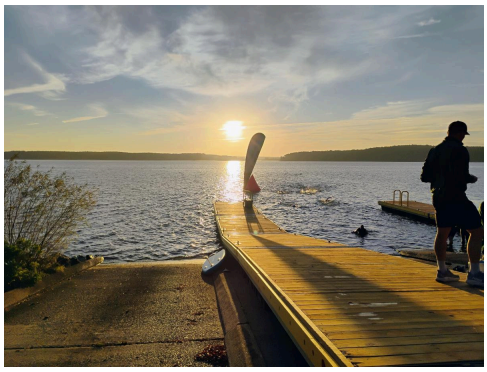
Ariel A represents at 70.3 Worlds in Spain!
Anne M 2nd Grandmaster at Tobacco Trail 10 miler
Allen J PR and 6th AG at Edisto Half Iron
Christina B 4th AG at Edisto Half Iron

Circle City Veterinary Surgery

Triangle Open Water Swim Series

Congrats to all our participants in our 2025 swims!

We will return in 2026!



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:

The man who moves a mountain begins by carrying away small stones. ~Confucius

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