

The Next Level Newsletter - October, 2025 - Volume XXII, Issue VIII

Dear Athlete,

Vlog - Key half-marathon running workouts
Our latest vlog (**linked here and below**) breaks down half-marathon workouts and weekly training structure you might want to consider!

Whether you're getting ready for a standalone half or as part of a 70.3 Ironman, this level of running requires a committment to more miles than a 5k or 10k training program. Running 4 or 5 times per week is great if your body can support it and you have the time to do so.

Finding your goal pace is important so you're able to target that for a lot of your key workouts. This pace is about 4-5% slower than your 10k race pace. Heart rate wise for most athletes this will be in zone 3 to mid zone 4. If you're running with power it's under your FTP by a few percent (the closer to 1hr the closer to 100% of FTP).

The key half-marathon specific session is a longer interval run, which may sometimes also be your longest run for the week. This involves work interval repeats at half-marathon pace or only a tiny bit faster. So we're not running as hard as we can, we're specific in our pacing. Workouts always include a 10-20 minute warm up with some dynamic stretching and/or plyometric running drills, then the main set and a cool down of 5-15 minutes.

The main set can be things like 8-9 x 1 mile, 4 or 5 x 2 mile, or 3 x 3 mile, run at goal pace. Recovery intervals are active and short - 1-2minutes for 1 miles, 2-3 minutes for 2 miles, and 3-5 minutes for 3 miles. We don't want our heart rate to completely recover on these sessions. You would build into these workouts over the course of a training program - starting with 4-5 x 1 mile, for example.

The next key session is the long run. While the interval run described above may sometimes be the longest, there may be weeks where it's appropriate to do a shorter interval workout and then this long run. Sometimes it may be steady aerobic; other times it may be a progression run; and a fun one is over-under miles. All these sessions still include a warm up and cool down section.

A steady aerobic run could be anywhere from 8 to 15 miles building to a pace that is 1-1.5 minutes slower than 10k pace. A progression run starts easy and increases pace throughout the run to finish at half-marathon effort or a bit faster (then cooldown). Over-under miles would be a few rounds of running 1 mile at a bit faster than goal pace, then 1 mile a bit slower than goal pace.

There may be occasions when you are tired and you just run easy (I mean easy!) for your long run. That is OK!

The third key session is a shorter interval workout as **described in this 5k/10k video**. These include repeats of 400, 800, 1 mile distances run at the faster 5k or 10k speeds.

Only advanced, higher mileage runners would want to attempt all 3 of these sessions within a 1 week time period. Everyone else should alternate 2 of these key sessions per week, switching them up to continue challenging your abilities without overdoing the higher effort.

Additional weekly runs should be easy-comfortable, low effort affairs so that athletes don't spend too much total mileage at higher intensity, which helps avoid injury and overtraining. One or two of these sessions should include a dedicated block of plyometric run drills training.

Remain aware of any creeping issues and remember that it's better to be a bit undertrained than push through "stuff" and get injured.

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

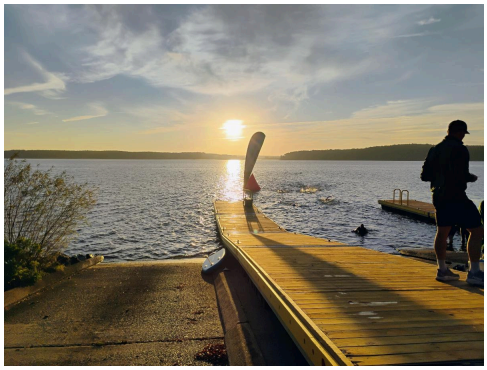
Anne M 2nd Grandmaster at ATT 10 mile run
Greg A PRs the half-marathon and the whole thing at NC 70.3
Kory G 14th AG at NC 70.3
Allen J and Christina B take 12th in relays with Team Jackel XT at NC 70.3

Ariel A PRs with a 2:44 marathon at Chicago!
Coach Daniel runs sub 3 at Chicago!
Anne M 2nd AG and 5th OA at SAS 5k

Kathy L 2nd AG at the Colorado Springs 5k
Christina B 2nd AG at TOWS Hurricane 2 miler
Greg A 2nd AG at TOWS Hurricane 1 miler
Allen J 2nd AG at TOWS Hurricane 1 miler

Circle City Veterinary Surgery
Triangle Open Water Swim Series

TRIANGLE OPEN WATER MILE SWIM SERIES



Congrats to all our participants in the 2025 Hurricane Championship swim!

Overall 2 mile females:
1) Carson Broadbent
2) Margaret White
3) Ashley Hoke

Top Master - Heidi Williams

Overall 2 mile males:
1) Eli Nelson
2) Mike Bitzenhofer
3) Samuel Tucker

Top Master - Paul Shrk

Overall 1 mile females:
1) Mack Mcconagha
2) Faith Duncan
3) Maya Reilly

Top Master - Frederique Garnier-Johnston

Overall 1 mile males:
1) Jason Kao
2) Daniel Gossow
3) Judson Schulz

Top Master - Andy Farrell

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:

My morning swims have centered me and calmed the storm inside my mind. ~Thao Thai

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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