

The Next Level Newsletter - September, 2025 - Volume XXII, Issue VII

Dear Athlete,

Vlog - Can I do an Ironman?
Our latest vlog (linked below) explains what it takes to get ready for an Ironman competition.

Key factors:

Can you stay motivated? Training for a long endurance race like an Ironman requires ongoing internal and external motivation. Whether that motivation comes from the pride of crossing the finish line or the thrill of showing off your finisher medal at the office, motivation needs to stay high.

Do you have the time in your life? Newer athletes may need 3 or 4 years to fully prepare for an Ironman. More experienced endurance athletes need at least a full season (9+ months) to two years. Your weekly training numbers may vary due to experience and age, but be ready for 10+ hour training weeks when things really get going.

Can you be consistent? Training like this requires week-in and week-out dedication. Stopping and starting your training will not get you there. Ironman training requires relentless forward motion.

There are currently 46 Ironman (full) events around the globe. The average starting list includes about 1,800 athletes, and there is about a 10% did not finish (DNF) rate on average. While there are always unforeseen issues, those DNFs can mostly be attributed to either a lack of preparation or a lack of proper execution on race day. Both of these mean one thing - not enough practice.

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

Allen J conquers Augusta 70.3
Nicolai T 1st AG, 5th OA at Wilmington YMCA sprint tri

Robert R conquers Jones Beach 70.3
Sara M 3rd AG and PR at Ocean City Half Marathon
Kathy L runs the Autumn Run Half Marathon
Christina B, Allen J, and Coach Marty Swim the Loop 3.5 mile open water

Jennifer S 3rd AG at Belews Lake Intl Tri
Anne M 2nd overall at Belews Lake Intl Duathlon

Ariel A 7th AG and PR at Ironman Wisconsin
Nicolai T 1st AG at White Lake Fall Intl Tri
Allen J 5th AG at White Lake Fall Intl
Christina B 4th AG at White Lake Fall Intl

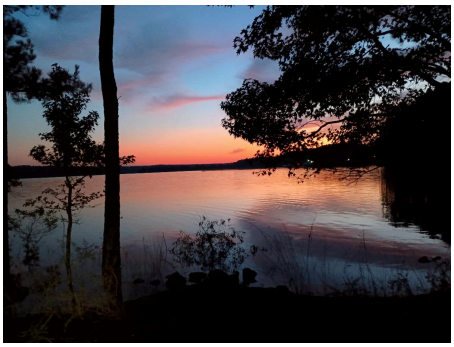
Greg A 6th AG at Patriots Intl Triathlon
Coach Marty 2nd OA at White Lake 1.8m swim
Greg A takes 4th AG at Apple Festival 5k

Circle City Veterinary Surgery
Triangle Open Water Swim Series

Our final 2025 race is this Sunday!

October 05 - Hurricane Championship Swim -.5m, 1m and 2m options

Registration closes on Friday, Oct 03.



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 lesson of history is that most advances are by half-step, most progress by partial success. ~Robert Brault

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www.osbmultisport.com

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