

The Next Level Newsletter - August, 2026 - Volume XXIII, Issue VI

Dear Athlete,

We're in the final days of hot and humid training. A wonderful Fall awaits you. :)

This month's article covers key half-marathon and marathon training sessions. Our vlog gets into the weeds on intensity vs duration.

Key half-marathon and marathon workouts

As we approach the fall and winter season, you have most likely already picked out your goal races. While the level of difficulty in your training is related to your experience and normal weekly mileage, there are some themes for key marathon and half marathon workouts that are universal.

First is your weekly long run. At the beginner or intermediate level, your goal here is to just get the miles, usually at a moderate pace. If it is your first time training for a half marathon you will likely be aiming at an 11 or 12 mile run a couple weeks before the race. If you're a first-time marathoner that target is going to be somewhere between 16 and 21, depending on what kind of plan you used. Those are challenging runs without any additional details!

While advanced runners will also include long runs like above where you just cover the distance, some of your long runs will also have goals like progression or tempo / pace repeats within the long run itself.

An example of a progression run for half marathon training is 2 miles easy warm up, 3 miles moderate or steady, then three or four miles at goal half marathon pace or slightly faster, with a mile or two easy at the finish to cool down.

An example of an interval pace run for marathon training is 3 or 4 miles easy, then 3 times 3 miles at goal pace followed by a half mile or mile easy each time. You can see how that turns into a 16 mile workout session!

The next type of key session is going to be structured around a midweek interval run day. Newer or beginner runners will do these more sparingly and less aggressively in order to help prevent injuries and burnout. For example, in a half marathon training program, a newer runner might do a session later in the program that consists of a one or two mile warm up followed by 3 or 4 mile repeats or 5 or 6 half-mile repeats no faster than their half marathon goal pace, with a fair bit of rest after each work interval.

Advanced runners could do the same type of workout but get into the 6 to 8 mile range of total work intervals. These runners may also be running closer to 10K pace. Obviously these sessions are challenging and athletes need a significant amount of fitness just to do them without undue risk of injury or problems.

Marathon training often considers total weekly running volume just as important as hitting some of these key sessions. In other words, there is an equal amount of utility from just running several days a week as

there is from nailing any particular interval session. The goal is to improve your pace at an aerobic effort level so that you can conserve muscle glycogen and hit the finish line before you are tapped out. Improving your aerobic efficiency is best accomplished by frequent running and total volume.

It is still important for long distance runners to include sessions that challenge their anaerobic capacities. So every couple of weeks it is helpful to do sessions where the main set is something like 8 to 12 by 400s at 5k pace, with a 200 walk-jog or so after each. If you are injury prone, skip this one!

Runners need to be careful that they don't stack too many challenging sessions in any particular week. For example, it would probably be too much for most runners to do a short track day, a tempo interval day, and a progression long run all in the same week. Newer runners might attempt one of those. Intermediate to advanced runners might do two, and only really advanced athletes would do three, and that would be based on their overall training volume being high enough to support that level of effort.

Remember, your training plan is for you. You don't need to exactly match your Brewery Run Club friends mileage or pace. Everyone has a different starting point and end goals. You do you!

Latest Vlogs:

Intensity vs duration
Summer workout modifications
The triple brick

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 remaining 2026 dates:

Sunday, September 20

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

OSB Athlete News

Kory G 2nd AG, 20th OA at T100 Vancouver
Rich S 1st AG, 6th OA at RVA Sprint Tri

Greg A 8th OA, 1st AG at UNC Wellness Cary sprint tri
Coach Marty 3rd AG at UNC Wellness Cary

Nicolai T 6th OA, 2nd AG at the High Point Sprint Triathlon
Sara M 11th OA, 2nd AG at the Atlantic City Sprint Triathlon

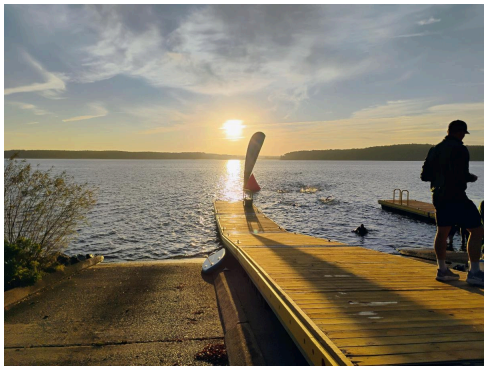
Sara M 1st AG at the Autumn Lake Triathlon
Kory G 4th AG at Xterra Portland
Jamie D 1st OA at Humans of Steel reverse OIympic Aquabike
Ariel A 1st OA at Humans of Steel reverse Olympic Aquabike

Circle City Veterinary Surgery
Triangle Open Water Swim Series

Our 2026 events!

May 02 - Jordan Lake Open Water Challenge is in the books! You can see full results here.

October 04 - The Hurricane Championship Swim is **now open**



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, 8am to 8pm most days.

The initial interview is conducted by phone or over coffee/lunch, 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:

And the strongest emotion was that life was as precious as it was puzzling. It was an ecstacy because it was an adventure; it was an adventure because it was an opportunity. ~G.K. Chesterton

www.osbmultisport.com

One Step Beyond | Morrisville, NC | www.osbmultisport.com

One Step Beyond | PO Box 4622 | Cary, NC 27519 US

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!