

The Next Level Newsletter - July, 2026 - Volume XXIII, Issue V

Dear Athlete,

We hope your summer has been going well and you're looking forward to late summer and fall racing. This month's article is about returning to a higher volume of running if you cut some miles in the peak of the summer. We have a few more weeks to deal with hot conditions, so food for thought when we head into the cooler months.

Returning to running after summer heat

It's not unusual for runners to drop their running mileage and intensity during the hot summer months. Ideally athletes substitute in other aerobic activities like biking, swimming, and indoor elliptical or rowing. As the summer winds down, and you get ready for the fall and winter running season, it's time to ramp back up on the mileage and intensity.

The first thing you should always remember is that you should not go from 0 to 100 even if you are a long time experienced runner. The general rule is that you should only increase your weekly mileage by about 10% per week with some intentional recovery weeks within. Your training may not follow a perfectly straight upward line like this, but it's a good guide. This 10% rule is true for all of your weekly mileage, your interval reps, and the length of your long run.

As you increase your running mileage, you should decrease your other aerobic activities (unless you have an Ironman on the horizon). In this way your total overall training stress will not also be going up.

The best way to start increasing your mileage is to add one or two easy short runs throughout the week. The second best way is to add a little bit of mileage to your existing runs. Provided you don't have any running injury issues, more frequency of exercise is a better way to add mileage, at least in the base building phase of your training. The frequent sessions help with overall aerobic conditioning and run specific technique. As you progress through fall and your other sessions get longer, you may wind up dropping one or both of these shorter easier sessions.

If you are a time limited athlete then you're likely going the route of just adding mileage to your existing runs. Be careful of overloading this because while your body has gotten used to a certain distance throughout the summer, changing up one or more of these sessions is going to cause you some stress.

You also need to be careful with how aggressive you are with your long run. If you've been running seven or eight miles throughout the summer as your long aerobic session, you really don't want to bump it up more than a mile or so per week. When the weather cools off it's very tempting to jump immediately to longer distance, but that comes with a fair bit of risk. Despite your many seasons with run training, your soft tissues and muscles will still require time to re-adapt if you detrained during the summer (meaning you lost some run specific conditioning and fitness).

If you entirely stopped running for a few weeks, then you need to take a slow approach to your return. Three or four short (<30min) runs or run-walks for a few weeks will allow your body to adapt, then you

can move into the specifics of interval workouts and longer runs.

As always, be careful with your pacing adjustments as the weather cools down, and listen to your body if it's telling you to slow your roll a bit on your rate of increasing mileage.

Including soft surface running as you increase mileage can also be helpful to reduce the stress you are adding. Think rubber track, dirt roads, off-road trails, and beach running.

Good luck and I'll see you at the races!

Latest Vlogs:

The triple brick
Beware the heat dome

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:

Saturday, August 15

Sunday, September 20

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

OSB Athlete News

Coach Marty 3rd AG at the Avon Ocean Mile

Kathy L 1st AG at Heatwave 10k
Ariel A 4th AG and World Q at 70.3 Ruidoso
Jamie D 11th AG at 70.3 Ruidoso
Christina B PR at 70.3 Musselman
Allen J conquers 70.3 Musselman

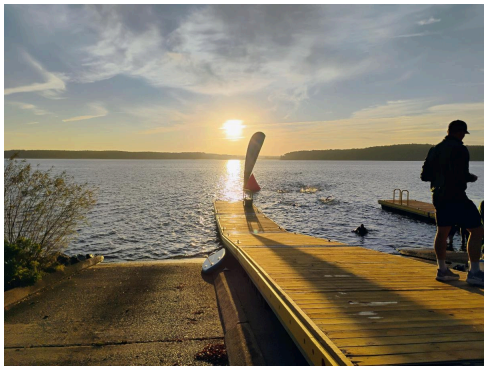
Greg A 1st AG, 5th OA at UNC Health Knightdale Sprint
Coach Marty 1st AG at UNC Health Knighdale Sprint
Kathy L runs the Kissing Camels 5k

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:

Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him. ~Dwight D. Eisenhower

www.osbmultisport.com

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