

The Next Level Newsletter - June, 2026 - Volume XXIII, Issue IV

Dear Athlete,

Welcome to summer and we wish you a happy 4th of July weekend! This month our article is all about heat and training. There is a serious heat wave on the way to a lot of the USA, and we want you to take it seriously.

Training in the heat

As an endurance athlete, it's inevitable that you will wind up training in sub-optimal conditions throughout the year. It's one thing to get tough when it's uncomfortable, but it's another thing to blindly forge ahead when conditions enter the extreme ranges. While this is true for both heat and cold, today we're talking about heat.

Unless you live in Alaska, Northern Canada, or similar, there's a good chance that at some point you'll be dealing with considerable heat. This week there are 31 US states under extreme heat alerts. These aren't just 'oh, it's going to be a little hot today' type of days. These are stay inside if you can warnings.

But you're a serious athlete, training for a serious goal. So what do you do?

If you are already aware that you are heat-sensitive or heat-intolerant, then you should strongly consider sticking to indoor training in these conditions. You have more control of the environment and control of your risk. If you're in the process of acclimating to warmer conditions, crank your thermostat up and feel free to sweat buckets indoors.

If you generally do well in warmer conditions and are heat acclimated, take things seriously. Do your best to get out early, and plan loop courses so you can bail if you discover the conditions are overwhelming you - before you have a serious problem. Be diligent with your fluid and electrolyte intake, and slow your roll to keep your heart rate under control. Your body has to work harder to attempt to stay cool when it's hot and muggy. That means higher HR, lower power, harder perceived exertion at X pace.

If you can, get off the asphalt and into the shade, using greenways and singletrack trails to reduce your local heat index. Asphalt and pavement absorb heat then release it into that area, while tree covered areas reduce the sunlight reaching ground level and reflect more solar energy. In other words, it's cooler in the shade due to a) less sun and b) less ground heat. These are good reasons to get comfortable riding a cross or mountain bike on bridle or single-track trails and get comfortable trail running. Time in the saddle and on your feet are what counts in the grand scheme of things.

Understand what heat exhaustion looks like. You'll sweat a lot (normal). You might feel flushed (kind of normal). You may start to see spots or tunnel vision (less normal), or start to feel confused, dizzy, or agitated (not normal). The first two are manageable, but the third and fourth are into the danger zone due to balance issues and rapidly declining judgement. You need to stop and get into a cool spot ASAP at this point.

This is where you stop at a convenience store and call a friend to come pick you up.

Beyond this you may experience uncontrollable cramping, vomiting, and the inability to ingest further fluid. Now you're at the point where your electrolytes are severly imbalanced and you will likely need medical intervention. You should have already stopped and sought out a cool/cold location.

The next level is heat stroke, and that is very bad. Your body loses the ability to regulate internal core temperature. Your skin may go from hot and flushed to cool and clammy. You may collapse and go unconscious at this point. Without serious intervention, bad things happen.

So let's be real. You don't need more bad things in your life. If you have a long ride, long run, tough brick, etc scheduled for this week or weekend, consider going early, doing half outside and the second half indoors, switching to trails, or push those sessions out a few days so you just have normal hot, not extreme hot, to deal with.

If you can, swim more and do less biking or running.

If your job requires you to remain outdoors, do everything you can to stay in the shade, wear cooling or moisture wicking clothing, hydrate like a champ, and cool your body with ice packs on the neck and head, dips in a cool body of water, cold drinks, and breaks in air conditioned environments as well as possible.

We like our athletes tough, but not cooked. Stay safe out there!

Latest Vlogs:

Beware the heat dome!
Summer training and heat adaptation
Racing for fun
Missing workouts in endurance training

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

Kory G 2nd OA at Hagg Lake Olympic Tri
Nicolai T 2nd Master at 3 Little Pigs Tri

Kathy L 5th AG at Garden of the Gods 10k
Hope A completes her first 70.3 at 70.3 Western Mass!

Jamie D competes in NCY Elite Hyrox
Jamie D and Ariel A compete in mixed doubles at NYC Hyrox
Christina B 4th AG at Triangle Triathlon
Blair R 4th AG at Triangle Triathlon
Greg A 7th AG at Triangle Triathlon
Matt H 4th novice at Triangle Triathlon
Coach Marty 2nd AG at Triangle Triathlon

Kory G 1st AG at Victoria 70.3
Kathy L 7th AG at Bolder Boulder 10k

Craig R conquers Chattanooga 70.3
Sara M runs the Brooklyn Half
Kory G 3rd AG at Xterra Oak Mountain

Sara M PRs at Broad Street 10miler

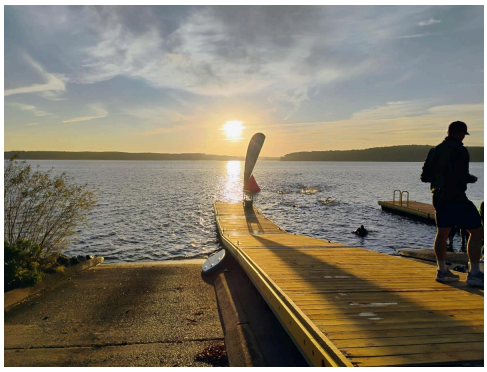
Circle City Veterinary Surgery
Triangle Open Water Swim Series

TRIANGLE OPEN WATER MILE 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:

Never kick a fresh turd on a hot day. ~Harry S. Truman

www.osbmultisport.com

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