

The Next Level Newsletter - March, 2026 - Volume XXIII, Issue II

Dear Athlete,

Vlog - Top race tips for newbie triathletes

Our latest vlog (**linked here and below**) explains our top five tips for safe and successful racing for new triathletes.

Swim breathing
On the swim, the most important thing you can do is focus on steady rhythmic breathing. This focused breathing will help keep your mind calm and your heart rate under control. Steady breathing reduces chances of anxiety or panic. It's okay to even slightly delay your stroke rate in order to get a good deep breath, and make sure you are consciously exhaling when your face is in the water.

Wetsuit removal
If your race is a wetsuit swim, ideally you will have trained in the wetsuit several times prior. On race day one of the most important things is to use Body Glide or something like canola oil spray on the skin of your forearms and lower legs, as well as the outside of the wetsuit on the forearms and lower legs. This way when you exit the swim, you will not get stuck hopping around in your wetsuit for several minutes! Be sure to rinse your wetsuit off after the race so the oil or Body Glide does not sit on the surface for too long.

Transition plan
You should have a plan for your transitions going into the race. Transition doesn't need to be the fastest in the world, but your plan should not include sitting down to take a nap. Have a process that you have run through in your head and hopefully even practice a handful of times prior. Do not try to do everything at once.

Bike safety
On the bike there are a couple of safety issues you must do your best to adhere to. In the United States you want to stay on the right side of the road throughout the race unless you are passing another competitor. By staying on the right side it allows faster riders to pass you safely on the left. Staying on the right also ensures you are not impeding riders behind you. Part two for safety on the bike - if you are going to stop for any reason, ideally signal with your right hand, then slow down slowly, and quickly take yourself and your bike off the road. If you stay on the road you are a major danger to other competitors as well as yourself. Some of them will be going very fast, and often triathletes in the aero position are not looking far down the street. So please get off the road.

Run Form
When you get to the run, it is helpful to focus on two things: Quick feet, and a relaxed upper body. These are the two key pieces of run form that will set you up to have a good run. If you try to take giant steps you are likely to fatigue yourself, and if you remain tense throughout your upper body it's going to have negative effects on your stride rate & stride length and probably result in stomach cramps or side

stitches. Use the first handful of minutes to find your rhythm while maintaining quick feet and a relaxed upper body and it will set you up for a strong run.

Also don't forget to drink and eat, but that's **another article**!

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:

Saturday, April 25
Sunday, May 31
Saturday, June 27
Saturday, August 15
Saturday, September 19

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

OSB Athlete News

Ariel A 2nd OA at Umstead Marathon
Nicolai T 1st AG at Azalea Sprint tri

Ariel A 2nd OA at Wake Forest 13.1
Jamie D 4th AG at Wake Forest 13.1
Rich S 11th AG at One City Half marathon
Blair R **Boston BQ** and 8th AG at Wilmington Marathon
Anne M 5th AG at Wilmington Half
Coach Daniel 1st AG at Wilmington Half
Coach Marty 9th AG at Wilmington Half

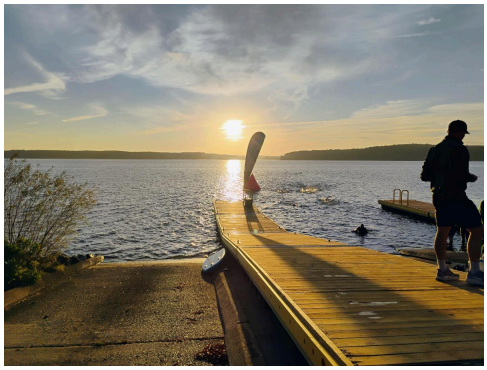
Ariel A 2nd OA at the Ghost Road 8 Miler
Jamie D 3rd AG at Ghost Road 8 Miler

Circle City Veterinary Surgery
Triangle Open Water Swim Series

Our 2026 events!

May 02 - Jordan Lake Open Water Challenge is **now open**

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:

Powerful indeed is the empire of habit. ~Publilius Syrus

www.osbmultisport.com

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