

The Next Level Newsletter - May, 2026 - Volume XXIII, Issue III

Dear Athlete,

We hope your spring is going well. This month we have an article about basic beginner triathlon training, and a few vlog links discussing more advanced athletic pursuits. You can also check out our athlete results from the last few weeks. Enjoy!

Training for your first triathlon

In order to get ready for your very first sprint triathlon, you should be exercising at least 3 or 4 days a week. But even better would be to swim bike and run two times a week each. A reasonable schedule would be to swim on Monday, run on Tuesday, bike Wednesday, run on Thursday, swim on Friday, and bike again on Saturday. You could take Sunday off to hang out with the family or do some yoga. You don't need to start out with a six days per week schedule, but if you start with three and move up to four or five that is a good goal.

If your swim is an open water event, then you need to make sure that you are comfortable in that situation. the only way to get comfortable in open water swimming is to practice open water swimming. so you need to make that a priority, especially if swimming is not a strong background for you.

For your running workouts, you could start out with a run-walk strategy. For example, if your race is in 8 weeks, then in week one you would do 15 minutes alternating a minute run, a minute walk. In week two you could do 20 minutes. By week four or five you should be up to 30 to 40 minutes and you can increase the duration of running as feels comfortable.

For the bike, assuming your sprint triathlon is somewhere in the 10 to 15 mile range, you just want to make sure you build up to that distance a couple of times prior to the race. Make sure that the bike you are using is in good condition, the brakes work well, and the tires are not worn out. You do not need a $5,000 triathlon bike for your first race, you just need a safe and functional bike. You also need to make sure you have an ANSI rated helmet. Your noggin is very important!

If you already have a running background and are in good current shape, you can include things like tempo runs and interval runs throughout the training. You just need to manage your overall energy levels. For example, if you're planning to do a ride on Wednesday, you want to make sure that your running workout on Tuesday is not so hard that you are exhausted afterwards.

Biking is arguably the easiest leg of the triathlon to train for, once you are comfortable in your bike position and riding a few miles without undue fatigue. You can ride indoors on some sort of trainer, which means all you have to do is get your bike shoes and walk to that room in order to get started. Biking is low impact, so you will not feel too beat up afterwards. After a few weeks of easy steady riding you can also start doing some short intervals on the bike, like six times two minutes harder 2 minutes easier with a 5 to 10 minute warm up and cool down.

For swimming I will always be an advocate of joining a US Masters swim team or some sort of coached triathlon group. Having a coach who can give you stroke technique feedback is very valuable especially for athletes with limited swimming backgrounds.

In the final month of training leading to the race you want to make sure you do at least a couple of brick runs. This means that you run one or two miles off of a longer bike ride. Typically this would be on Saturday or Sunday when you have more time and can lay on the couch the rest of the day!

Latest Vlogs:

Advanced Ironman race pacing strategies
All the other non-training stuff that matters
Single sport focus

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, May 31
Saturday, June 27
Saturday, August 15

Saturday, September 19

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

OSB Athlete News

Sara M PRs the Broad Street 10 miler
Jamie D 1st AG at White Lake Half and White Lake Olympic Aquabike
Kathy L 1st AG at Garden of the Gods 5miler
Richard S 6th AG at White Lake Half
Nicolai T 1st AG at White Lake Half
Paul L 4th AG at White Lake Half
Heather F runs the Gamma 10k

Heather F runs the Philosopher's Way 7k

Hope A takes 2nd AG at her first triathlon - Beaverdam Olympic
Jamie D 1st AG at Beaverdam Olympic
Craig R 8th AG at Tar Heel 10 miler
Kory G 1st OA at Gresham Lilac Half marathon
Richard S runs the Monument 10k

Craig R 5th AG at Pinehurst Intl Triathlon
Kathy L 22nd AG at Cherry Blossom 10 miler
Richard S 3rd OA at Appomattox River 5k
Blair R 4th AG at ZTA Franklin 5k
Allen J 1st AG at NC Spring Classic 8k
Christina B 13th AG at NC Spring Classic 8k
Angela R swims the Swim Junkie San Isidro 5k
Dennis R swims the Swim Junkie San Isidro 5k

Sara M crushes the Hot Chocolate 15k

Heather F 6th AG at Cary Greenway 10k
Coach Marty 1st AG at Hairpin Hustle 7m
Allen J runs the Shamrock Half marathon
Kathy L 1st AG at St Pattys Day 5k
Craig R 2nd AG at PSF 5k
Christina B runs the Shamrock 8k

Michael V runs the NYC half marathon
Kory G runs the Shamrock Half marathon
Jamie D runs Ironman 70.3 Dallas

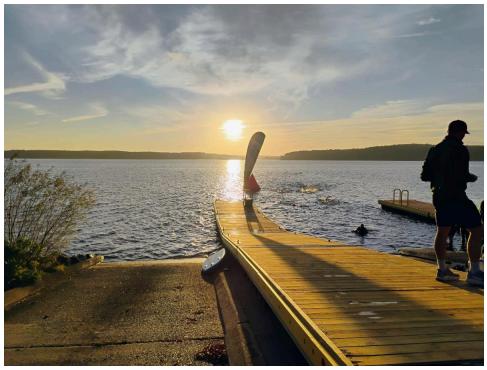
Circle City Veterinary Surgery
Triangle Open Water Swim Series



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:

What you do today can improve all your tomorrows. ~Raloh Marston

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