

The Next Level Newsletter - October, 2026 - Volume XXIII, Issue VII

Dear Athlete,

We made it through the summer! Soon, we'll be complaining about how many layers we need to put on before jumping on our bikes and plotting a vacation south. But we don't stop!

Racing in adversity

Not every event you compete in is going to go your way. Sometimes life will take over and you race a little undercooked. Or you miss your taper and just feel off for a lot of the race. Your nutrition plan goes awry. You get seasick on the swim. And so on.

Sometimes the weather gods try to ruin your day.

Whatever the circumstance might be, it is your job to be prepared for those eventualities and to navigate the situation. And that's why it is good to have a plan! And a backup plan! And an oh-shoot plan!

First, prepare for the likely circumstances. If your race is going to be hot, train in the heat. If it's going to be cold, own the right gear and train in the cold. Your body responds differently to and needs different amounts of nutrition and hydration at various temperatures. You need to rehearse this before race day.

If things don't go your way, adapt, adjust, and overcome. Consider mentally preparing a few different prepared goals: Your perfect race, your decent race, and your *I made it through the day* race.

Even athletes with the best preparation and experience have things go wrong. The most successful athletes are the ones who are ready for these curveballs and adjust accordingly. Don't be afraid to stop and pivot if that is what the day requires.

Mental flexibility is a game changer and can turn adverse situations into race day success.

Our latest Vblog discusses this in relation to the recent NC 70.3, which had plenty of adversity built in.

Latest Vlogs:

Racing in adversity
SWOT analysis for season planning
Injury prevention
Injury, overtraining, and burnout
Intensity vs duration

You can see the full **Triathlon and Endurance Training Concepts** playlist here.

Swim Run at Triangle Aquatic Center

Triangle Aquatic Center (TAC) is hosting a swim-run at TAC in Cary on Sunday, November 01. This is open for adults but also for any of your athletic kids that are into this type of stuff. :)

The distance options are 100m swim - 800m run (8 & under), 200m swim - 2k run (9-15YO) and 400m swim - 4k run for 16+.

OSB athletes and advanced readers of this newsletter can use discount code OSB10.

See the full details and registration is here: https://event.sportreach.com/tac-splash-and-dash.

SwimPlate NC

TAC is also working to bring a swimming license plate to NC. You can sign up to support this as www.swimplate.org .



2027 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.

2027 dates:

Coming soon to a body of water near you!

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

OSB Athlete News

Jamie D 30th AG at Ironman California
Sumit P completes his first 70.3 at NC
Matt H completes his first 70.3 at NC
Craig R 41st AG at NC 70.3
Greg A 16th AG at NC 70.3

Ariel A conquers Ironman Hawaii
Kory G takes 16th AG at Xterra Worlds
Blair R takes on the Chicago Marathon

Nicolai T 1st AG at Sandling Beach International Tri
Kathy L 1st AG at Colorado Springs Half marathon
Jamie D 2nd AG at 2m Hurricane Swim
Ariel A 3rd AG at 2m Hurricane Swim
Jennifer S 3rd AG at 2m Hurricane Swim
Greg A 1st AG at 1m Hurricane Swim

Hope A PRs at Augusta 70.3
Urosh T conquers August 70.3
Nicolai T 5th OA, 1st AG at Wilmington YMCA Tri
Greg A 2nd AG at Wilmington YMCA Tri
Coach Bri 2nd AG at Wilmington YMCA Tri
Coach Marty 4th AG at Wilmington YMCA Tri

Coach Bri 2nd AG at North Hills 5k
Coach Marty 4th AG at North Hills 5k
Jamie D bikes MS New Bern
Rich S swims Chic's Beach 2 mile Bridge to Bridge

Ariel A and Jamie D represent at 70.3 Worlds in Nice
Kory G 3rd AG at Ironman Santa Cruz 70.3
Nicolai T 1st AG at White Lake International
Matt H 9th AG at his first International at White Lake

Rich S runs the Ashland Half Marathon

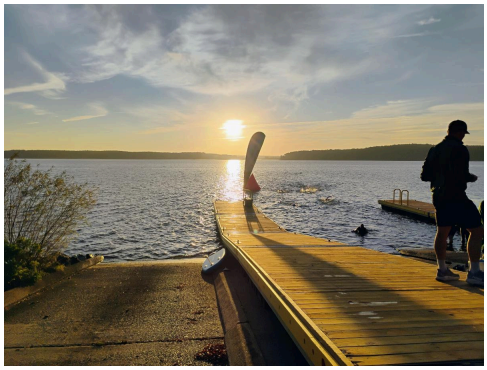
Circle City Veterinary Surgery
Triangle Open Water Swim Series



Our 2027 events!

early May - Jordan Lake Open Water Challenge is in the books! You can see 2026 full results here.

early October - The Hurricane Championship Swim
2026 results here



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

Tuesday or Wednesday | Various gravel locations | 1.5hr ride | Marty (spring/summer)
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

Inside Out Sports

Inside-Out Sports is the Triangle's premier specialty running store and the East Coast's largest and most complete triathlon shop. We take pride in the fact that we specialize only in running and triathlon. This unique focus gives us the opportunity to cater to the needs of these athletes, a job we've been perfecting for over 30 years. Our excellent rapport with vendors has allowed us to maintain a large, cutting edge inventory to satisfy the needs of the most discerning customers

www.insideoutsports.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:

Failure isn't fatal, but failure to change might be. ~John Wooden

www.osbmultisport.com

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