



# Gear Up For Fitness

Run and Triathlon at any age.

## April Newsletter

### Up Coming Clinics:

# RUNNING BOOT CAMP

For Runners, Triathletes or Anyone Looking to Improve Endurance & Performance

Open to All Levels, Ages 14 and up

Wednesdays:

6:00 - 7:00 PM

Start Date: 4/6/2016

Duration: 6 Weeks

Location: Kinesis

Cost: Latitude Members \$96

Non-Member \$126



#### This program includes:

- Strength with resistance training
- Core and Balance
- Running
- Plyometrics
- Stretching and Myo-facial Release
- Speed Workouts
- Specific Cam recording days to focus on your running form.

Spring is here & longer daylight, we will be running outside

These workouts are designed to be fun, challenging and inspiring.



Classes will be incorporating Chi Running form for efficiency, easier and enjoyable.

Open to All Ages

Wednesdays: 7:00—8:00 PM

Start Date: April 13, 2015

Duration: 6 Weeks

Location: Latitude Lobby, Salisbury, MA

Members \$96 Non-members: \$126

#### Training for these Races:

5/15 Run For Roses 5K, Salisbury, MA

5/22 Trav's Trail Run Newburyport, MA

These workouts are designed to be fun, challenging and inspiring. Meet Rain or Sunshine

#### Information, registration form:

<http://gearupforfitness.com/upcoming-clinics/>



Mike Reilly, voice of Ironman at Boston Tri-Mania

#### Motivational Quote:

"Endurance comes to those who put in the time, the effort, and the heart."  
— Courtney Parsons

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it."  
— Lou Holtz

Questions: Pam Houck

Phone: 978.697.5627

Email at [pahouck@gmail.com](mailto:pahouck@gmail.com)

Blog: <http://gearupforfitness.com/>

Facebook: [Gear Up For Tri Team](#)

### Gear Up for Tri Team

#### Training Starts:

Thursday April 14th 6:30 PM  
at Lake Gardner, Amesbury, MA  
Brick workout: Bike & Run

Do to warm winter we will start swimming Lake Gardner beginning of May as soon temperature is 66

New in 2016, the weekly/daily workouts will be done online using Addearo Solo. Addearo Solo is free to the team athletes.

#### Class Schedule

##### Tuesdays: Time 7 AM

April 26 to Mid-May - Run

Starting Mid-May beginning of June through September \*

- Swim follow by a run

##### Thursdays: Time 6:30 PM

April 28 through September - Speed workouts with bike or/and run

##### Saturdays:

May 7 to Mid-May - Time 9 AM Bricks (Bike/Run)

Mid-May through September\*

- Time 8 AM Swim, bike and/or run

- Focus: Building endurance with bricks and practice triathlons/transitions.

#### Join the team, More details at:

<http://gearupforfitness.com/gear-up-triathlon-team/>

### Upcoming Local Races 2016

4/2 [April Fool's 4 Mile Road Race](#), Salisbury, MA

4/3 [St. Paddy's 5 mi.](#) Portsmouth NH

4/3 [Fool's Dual Half Marathon](#), Gloucester, MA

4/9 [Merrimack River Trail Race 10 Mile](#), Andover, MA

5/3 [Spring Fever 5K](#) Newburyport, MA

4/10 [Great Bay Half Marathon](#)/Beyond the Rainbow 5K, New Market, NH

4/17 [Moose on the Loose Half Marathon](#), Nashua, NH

4/24 [North Shore 10 Miler](#), Ipswich, MA

5/1 [Earth Rock Half Marathon](#), Andover, MA

5/15 [Wallis Sands Half Marathon](#), Rye, NH

5/15 [Evelyn's Run for Roses 5K](#) Salisbury, MA

5/22 [Trav's Trail Race](#) Maudslay, Newburyport, MA

#### Local Triathlon 2016 Races:

5/21 [King Pine Duathlon & Triathlon](#), Madison, NH

6/26 [Mill City Triathlon](#) (Sprint/International), Lowell, MA

7/9 [Dam Triathlon](#) (Sprint), Amesbury, MA

7/10 [Lowell Triathlon & Aquabike](#) (Sprint/Olympic), Lowell, MA

8/14 [Kingston Triathlon](#) (Sprint), Kingston, NH

8/20-8/21 [Cranberry Trifest](#) (Sprint/Olympic) Lakeville, MA

9/10-11 [Punkinman](#) Sprint & Half Ironman, South Berwick, ME: