



Gear Up For Fitness

Run and Triathlon at any age.

What are you wishing for this holiday?

December Newsletter

Up Coming Clinics:

Triathlon Swim Clinic

Become more efficient with your stroke and improve race performances. Each class will focus on freestyle stroke through:

- Swim Drills
- Speed Workout
- Specific Cam recording days
- Workouts emailed weekly to practice.



Can Swim Freestyle 1/2 mile non stop.

Choose one:

Tuesdays: 7:00-8:00 AM or

Thursdays: 7:00 - 8:00 PM

***Class size limit to 9 swimmers!**

Starts Week Of: January 6, 2014

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$96 Non-members: \$116

***This clinic fills up fast, Sign Up Early!**

Information, registration form:

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

December Cycling Workout for Trainer

This workout is Muscular Endurance Brick workout:

Warm-Up: 10 minutes flat road
Climb hill 10 minutes by 2 minute increments of increasing the incline. RPM 70-80.

Recover 5 minutes flat road
Repeat 1-2 times of hill climb and recovery.

Intervals: repeat 4 x (30-60 rolling hill RPM 85-95/recover 30-60 seconds flat road RPM 75-85)

Cool Down: 10 minutes flat road

Run 20-30 minutes

Commit to your training and races for 2015!

The first step to your commitment is by writing down your goals and what big races you will be doing 2015.

2nd step is to create a plan that starts with a base then builds slowly with minor and shorter races to reach your goal.

When you accomplish these steps you are committed to your fitness for 2015.

Latitude Sports Clubs

Presents

5th Annual Indoor Triathlon Series



January 24, 2014

February 21, 2014

March 7, 2014



15
MINUTE
SWIM

25
MINUTE
BIKE

20
MINUTE
RUN

Information, registration form and 2014 results: <http://gearupforfitness.com/2015-indoor-triathlons/>

Motivational Quote:

"Our sport becomes not just what we do but an integral symbol—on all levels—of who we are."

- Gloria Averbuch

Race Spotlights

11/8 Timmy Trot 5K, Salisbury, MA
Kristin Bly 24:43
Bethany Noseworthy 26:17
Lauren Bonaccorso 26:46
Holly Campbell 27:49

Endurance Factor

Tuesdays 6:15-7:15 PM

Gain strength and boost cardio endurance with time workouts through:

Cardio: Spin bike, running Interval Training
Strength: Kinesis, TRX, Bosu, Kettlebell, or Dynamax ball

Starting in January Treadmill Workouts!

This is Private Group Training class:
10 classes \$279

Try a class for Free!
Join Class Any Time!

Questions: Contact Pam Houck
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Blog: <http://gearupforfitness.com/>

For more races and race results go to:
<http://www.coolrunning.com/>
Triathlons: <http://www.trifind.com/>

Upcoming Local Races 2014

12/6 [Jingle Bell Half Marathon](#), Atkinson, NH

12/7 [Half Merrython](#), Gloucester, MA

12/14 [WCRC Santa Toys Trot 2 Mile/4 mile/6 Mile](#), Merrimac, MA

Loco Will Run for Beer Series, check races here: <http://www.willrunforbeer.com/>

1/1/2015 [1st Run 5K & 10K](#), Lowell, MA

1/1/2015 [34th Annual Hangover Classic 10k and 5k Road Races](#) Salisbury, MA

2/2/2014 [Frigid Fiver](#), Newburyport, MA