



Gear Up For Fitness

Run and Triathlon at any age.

December Newsletter

Up Coming Clinics:

TRX Suspension Trainer

Starts December 21

TRX Demo December 14

All Core, All The Time!
Total Body Workouts!
Great for Runners and Triathletes!

Fit Pro: Pam Houck
Mondays: 6:00 PM
Start Date: December 21, 2015
Duration: 6 Weeks
Frequency: 1x per week
Cost: Members \$89 Non-members: \$109

Triathlon Swim Clinic

Each class will focus on freestyle stroke through:

Swim Drills:

- To become more Efficient
- To Improve Form

Speed Workout

- Improves Speed and Endurance
- Specific Cam recording days to focus on your stroke
Homework emailed weekly to practice.



*This class is for Swimmers/Triathletes that can swim freestyle for 1/2 mile non stop, ages 14 and up.

Choose one:

**Tuesdays: 7:00-8:00 AM or
Saturdays: 8:30 - 9:30 AM**

*Class size limit to 9 swimmers!
Starts Week Of: January 5, 2016

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool
Members \$128 Non-members: \$148

*This clinic fills up fast, Sign Up Early!

RUNNING BOOT CAMP

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

Open to All Levels and Ages 14 and up
Wednesdays:

6:00 - 7:00 PM

Start Date: 1/6/2016

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.

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

Information, registration form:

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

Motivational Quote:

"The human body can only do so much. Then the heart and spirit must take over."
- Sohn Kee-chung

"Success is the sum of small efforts, repeated day in and day out."
- Robert Collier

Latitude Sports Clubs

Presents

6th Annual Indoor Triathlon Series



January 23, 2016
February 20, 2016
March 5, 2016



15
MINUTE
SWIM

25
MINUTE
BIKE

20
MINUTE
RUN

Information, registration form and past results: <http://gearupforfitness.com/2016-indoor-triathlons/>

December Cycling Workout for Trainer

This workout is rolling hills to build endurance workout:

Warm-Up: 15 minutes flat road
Climb hill 7 minutes/2 minute recovery
Climb hill 8 minutes/2 minute recovery
Climb hill 10 minutes/3 minute recovery
Climb hill 10 minutes/3 minute recovery
Cool Down: 15 minutes flat road

*Keep cadence RPM 70-80 for hills.

*Last 2 minutes of hill climb push cadence to 90 RPM

*Recovery should be flat road

What are you doing in your off season for 2016 races?

During the race season we focus on the cardio but not soften, lengthen and strengthen our fascia and muscles. This can cause injury, instability and race recovery slows down.

Start adding yoga, myo-fascial release to soften and lengthen. Then incorporate free weights, Pilates, balance, work core and strength to strengthen muscles and body to create stability and mobility.

Race Spotlights

11/15 Harborside Half Marathon
LIZABETH MACDONALD 1:49:41
STEPHANIE SUPRIN 2:03:18
KATHLEEN THOMAS 2:19:33

11/21 4th Annual Tiger Trot Road Race 5K
JIM DEXTER 29:49 Age Group 3rd
BETSY DEXTER 29:53 (Age Group 1st)
ROSE WASHAK 32:26 (Age Group 2nd)

Upcoming Local Races 2015-2016

12/6 [Half Merrython](#), Gloucester, MA

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

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

1/1/2016 [1st Run 5K & 10K](#), Lowell, MA

1/1/2016 [34th Annual Hangover Classic 10k and 5k Road Races](#) Salisbury, MA

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/>

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