

Great, Fun Race on 12/11! Race fee is toys! See details below.

December Newsletter

7th Annual Indoor Triathlon Series

3 Saturdays:
January 21, 2017
February 11, 2017
March 4, 2017

New for 2017 races:
Bike Mileage Included in Score

TRAINING HINTS ARE BEING POSTED ON THE BLOG WEEKLY



15
MINUTE
SWIM

+

25
MINUTE
BIKE

+

20
MINUTE
RUN

Number
of
Lengths

+

Number
of
Miles

+

Number
of
Laps

If this sounds interesting to you, please enroll by filling out the registration form, fill it out, bring or mail to Latitude: [2017indoortrisbrochure](#)

Up Coming Clinics:

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: 6:00-7:00 AM or
Wednesdays: 7:00 - 8:00 AM

*Class size limit to 9 swimmers!

Starts Week Of: January 10, 2017

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$128 Non-members: \$178

*This clinic fills up fast, Sign Up Early!

Run Your Potential

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:

1/11/2017

Duration: 8 Weeks

Location: Lobby

Members: \$128 Non-members: \$158

New Run Program
Start Date: 1/11/2017

This program is for runners/triathletes wanting to:

- Improve strength and endurance through Hill Repeats and Boot Camp
- Improve Speed through: Strides, Track, Tempo & Fartleks
- Form analysis on specific days with Cam recording
- Improve flexibility with stretching Learn to maximize your workouts with Heart Rate Training

Training for Following Races:

2/5 Frigid Fiver, Newburyport, MA

2/18, LOCO Palooza 5K, Salisbury, MA

3/5 Half at the Hamptons 13.1, Hampton, NH

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

Races Results

11/13 Harborside Half Marathon:
LIZABETH MACDONALD 1:54:21
BLAKE LIEBERT 2:00:06
KAREN LIEBERT 2:01:05
COURTNEY DINAN 2:02:21
SANDRA GORDON 2:02:41
MIKE FIENE 2:15:14
BETHANY NOSEWORTHY 2:25:32

11/19 4th Annual Tiger Trot Road Race 5K:
JIM DEXTER 27:51
BETSY DEXTER 29:23
KATHLEEN THOMAS 31:51



Be Inspired!

IRONMAN World Championship

Channel: NBC

Time: 2:30 PM

Upcoming Local Races 2016-2017

12/4 Half Merrython, Gloucester, MA

12/4 Jingle Bell Half Marathon, Atkinson, NH

12/11 WCRC Santa Toys Trot 2 Mile/4 mile/6 Mile and 1 mile Elves run for the kids, Merrimac, MA

1/1/2017 1st Run 5K & 10K, Lowell, MA

1/1/2017 34th Annual Hangover Classic 10k and 5k Road Races Salisbury, MA

Happy Holidays!



What are you doing in your off season for 2017 races?

What you do in your off season can make difference in your 2017 races. This is when you recover, strengthen and lengthen.

What are your plans for 2017 races?

You probably have received many emails from race directors for their 2017 races. Start with a couple big ones and make sure they are spread out through the year. Then throw in some shorter races for fun and work on your speed.

Here are some races to inspire you to try:

Will Run For Beer Race Series

12th Annual Salomon Trail Running Festival—May 27-28th

Half Marathons for the Spring:

4/30 Earth Rock Run Half Marathon, Amesbury, MA

5/7 Wallis Sands Half Marathon, Rye, NH

Motivational Quote:

"The more I talk to athletes, the more convinced I become that the method of training is relatively unimportant. There are many ways to the top, and the training method you choose is just the one that suits you best. No, the important thing is the attitude of the athlete, the desire to get to the top."
— Herb Elliott

"It's not a race; it's a state of mind."
— Hal Higdon

"Thus I urge you to go on to your greatness if you believe it is in you. Think deeply and separate what you wish from what you are prepared to do."
— Percy Cerutti

Information, registration form:

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

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