



Gear Up For Fitness

Run and Triathlon at any age.

January 24th
Indoor
Triathlon

February Newsletter

Latitude Sports Clubs

Presents

5th Annual Indoor Triathlon Series

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/>

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

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

Try a class for Free!

Join Class Any Time!

February Cycling Workout for Trainer

This workout is Pyramid Brick:

Warm-Up: 10 minutes flat road

Climb hill 6 minutes RPM 70-80/Recover 2 minutes RPM 80-95

Climb hill 8 minutes RPM 70-80/Recover 2 minutes RPM 80-95

Climb hill 10 minutes RPM 70-80/Recover 2 minutes RPM 80-95

5 x (2 minute resistance on RPM 90+/
1 minute spin legs resistance easy)

Cool Down: 5 minutes flat road

February Running Speed Workout

Warm-Up: 10 minutes HR Zone 1

Pick music for your playlist 6-8 times repeating:

1 song fast to pick up your pace to Zone 3-4/

1 song slow for recovery in Zone

Cool Down: 10 minutes HR Zone 1

Up Coming Clinics for March:

TRX Suspension Trainer

Next Session Starts March 2
Mondays 6 PM

Triathlon Swim Clinic

Next Session Starts Week of March 2
Tuesdays: 7:00-8:00 AM or
Thursdays: 7:00 - 8:00 PM

Check back for information at:

<http://gearupforfitness.com/>

Questions: Contact Pam Houck

Phone: 978.697.5627

Email at pahouck@gmail.com

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 Triathlon Team](#)

Motivational Quote From Top Coaches

"We are at the most powerful when you are in the moment."

— Siri Lindley (Miranda Carfrae coach)

"Get comfortable with uncomfortable."

— Jamie Turner

"Courage to rest." — Marc Evans

These quotes are not just motivational, but great advice.

Race Spotlights

2/1 Frigid Fiver, Newburyport, MA

Subrama Venkatesh 32:06

James Supple 40:45

Lauren Bonaccorso 45:26

Meredith Conte 50:41

Patti Moore 50:42

Michele Lavanga 50:58

Kim Richards 1:00:54

Rose Washak 1:06:11

Great job all for cold and slippery conditions.



Upcoming Local Races 2015

2/14 [Bradford Valentine Road Race 5M & 6K](#), Haverhill, MA

2/22 [Half at the Hamptons](#), Hampton, NH

2/24 [Wild Rover Series 3-4-5](#), Haverhill, Lawrence, Lowell, MA

3/15 [Run to the Beach 30K](#), North Andover, MA

3/15 [St. Paddy's 5 mi.](#) Portsmouth NH

3/29 [Eastern States 20 Miler](#) & Run To The Border Half Marathon

4/12 [Great Bay Half Marathon](#), New Market, NH

4/12 [Fool's Dual Half Marathon](#), Gloucester, MA

4/13 [Moose on the Loose Half Marathon](#), Nashua, NH

4/26 [North Shore 10 Miler](#), Ipswich, MA

5/3 [Earth Rock Half Marathon](#), Andover, MA

5/9 [Shipyard Half Marathon](#), Biddiford, ME

5/17 [Wallis Sands Half Marathon](#), Rye, NH