



Gear Up For Fitness

Run and Triathlon at any age.



Be Ready
for Your
Next Race!

February Newsletter

Up Coming Clinics:

TRX Suspension Trainer

Starts Week of February 8, 2016

TRX Demos

Monday 6 pm 2/1 Full

Wednesday 5 pm 2/3—5 spots left

Interested: email Pam at pahouck@gmail.com

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

Fit Pro: Pam Houck
Mondays: 6:00 PM
Or
Wednesdays: 5:00 PM
Start Date: Week of February 8, 2016
Duration: 6 Weeks
Frequency: 1x per week
Cost: Members \$89 Non-members: \$109

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: 2/17/2016
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/>

February Cycling Workout for Trainer

This workout is working hills & building strength:

Warm-Up: 15 minutes flat road
3 x (Climb step hill 10 minutes/Off bike: 15 Squats & 15 Glute bridges/Back on bike 2 minute easy)

Cool Down: 15 minutes flat road
*Keep cadence RPM 70-80 for hills.
*Recovery should be flat road
3 Sets (15 Ab Crunches/30-60 seconds side plank)

Motivational Quote:

"If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it."
— Priscilla Welch

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."
— Steve Prefontaine

Latitude Sports Clubs

Presents

6th Annual Indoor Triathlon Series



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/>



Boston University's Fit Rec Center
Boston, MA
Saturday, March 19, 2016

Keynote Speaker:
To Be Announced

Information packed seminars, clinics and workshops, competitive events, a vendor expo.

For more information go to:
<http://tri-mania.com/boston/overview/>

Upcoming Local Races 2016

2/7 [Frigid Fiver](#), Newburyport, MA

2/13 [Bradford Valentine Road Race 5M & 6K](#), Haverhill, MA

2/28-3/13 [Wild Rover Series 3-4-5](#), Haverhill, Lawrence, Lowell, MA

3/6 [Half at the Hamptons](#), Hampton, NH

3/17 [Run to the Beach 30K](#), North Andover, MA

Spring Distance Road Races:
3/29 [Eastern States 20 Miler](#) & Run To The Border Half Marathon

4/10 [Great Bay Half Marathon](#), New Market, NH

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

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

Questions: Contact Pam Houck
Phone: 978.697.5627
Email at pahouck@gmail.com
Blog: <http://gearupforfitness.com/>

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

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