



Gear Up For Fitness

Run and Triathlon at any age.

Happy
New Year!

January Newsletter

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: 7:00-8:00 AM: ****4 slots left** or

Saturdays: 8:30 - 9:30 AM: ****3 slots left**

*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, 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/>

January Cycling Workout for Trainer

This workout is working hills & high cadence to build endurance workout:

Warm-Up: 15 minutes flat road

3 x (Climb step hill 15 minutes/1 minute high cadence recovery/2 minute easy)

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

Motivational Quote:

"Training is principally an act of faith."
- Franz Stampfl

"Success is the result of perfection, hard work, learning from failure, loyalty, and persistence."
- Colin Powell

Questions: Contact Pam Houck

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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/>

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/>

Race Spotlights

12/12 Jingle Bell Half Marathon:
KELLY COLLEE SCHAIBLE 2:01:51

12/14 WCRC Santa Toys Trot
2 Mile:

ROSE WASHAK 21:42

4 mile:

ERYN KENNEY 1:01:33

1/1/2016 34th Annual Hangover
Classic

10k

JAMES O'LEARY 55:39

ALAN THORNTON 56:31

JOANIE ROSS 57:21

LAUREN BONACCORSO 1:01:14

5k

JAMES SUPPLE 24:08

KATHLEEN THOMAS 29:00

DENISE BUCKNELL 29:56

GAIL CLARK 30:02

SCOTT WILLIAMS 30:53

DIANE SIMMONS 33:04

MICHELE DESOTO 33:27

KIM RICHARDS 34:18

PATRICIA WALTON 40:31

JUDY KEATOR 41:25

ERYN KENNEY 46:40

What are your 2016 races?

- Select 1-2 big races for the year this can be long distance or want to set a PR.
- Select B races as your test races.
- Select your C races which you use as part of your training.

Now you can create your training based on these races.

Have a great 2016 Race Year.

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