



Gear Up For Fitness

Run and Triathlon at any age.

March 8—Daylight Savings
Yes spring is coming!

March Newsletter

Latitude Sports Clubs

Presents

5th Annual Indoor Triathlon Series

One More Race Before the Season Starts!

March 7, 2014



15
MINUTE
SWIM



25
MINUTE
BIKE



20
MINUTE
RUN

Information, registration form and 2014 results: <http://gearupforfitness.com/2015-indoor-triathlons/>

Up Coming Clinics for March:

Triathlon Swim Clinic

Last class before Triathlon training in April

Become more efficient with your stroke and improve race performances. Each class will focus on freestyle stroke through:

- Swim Drills
- Speed Workout
- Specific Cam recording days
- Workouts emailed weekly to practice.

Can Swim Freestyle 1/2 mile non stop.

Choose one:

Tuesdays: 7:00-8:00 AM: **4 spots left**

Thursdays: 7:00 - 8:00 PM **3 spots left**

*Class size limit to 9 swimmers!

Starts Week Of: March 2, 2014

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$128 Non-members: \$148

*This clinic fills up fast, Sign Up Early!

TRX Suspension Trainer

Starts March 2

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

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: March 2, 2015

Duration: 6 Weeks

Frequency: 1x per week

Cost: Members \$89 Non-members: \$109

March Cycling Workout for Trainer

This workout is Hill Climb Brick:

Warm-Up: 15-20 minutes easy spin to flat road

Seated Climb hill 10 minutes Cadence 80RPM/Recover 2 minutes RPM 80-95

Climb hill 5 x (1 minute stand 70RPM/Seated 1 minute 80RPM)/Recover 2 minutes RPM 80-95

Seated Climb hill 10 minutes Cadence 80RPM

Cool Down: 5 minutes flat road

Run 20 minutes in Zone 2-3 (80-85%).

Treadmill incline at 2%.

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](#)

Monthly Motivational Quote:

"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." — Jesse Owens

"Sport is about adapting to the unexpected and being able to modify plans at the last minutes." — Roger Banister



MIT's Zesiger Sport & Fitness Center
Cambridge, MA
Saturday, March 28, 2015

Keynote Speaker:

Julie Dibens

IRONMAN 70.3 & XTERRA World Champion Triathlete and Olympian

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

For more information go to:

<http://tri-mania.com/boston/overview/>

Race Spotlights

Do to the snowstorms, many race have been canceled or rescheduled for March and April. Check below the Upcoming Local Races dates.

Upcoming Local Races 2015

3/15 [Half at the Hamptons](#), Hampton, NH

[Wild Rover Series 3-4-5:](#)

4/12 [Frozen Shamrock 3 Mile Run](#), Haverhill, MA

3/1 [Claddagh Pub 4 Miler](#) Lawrence, MA

3/8 [Hynes 5 Miler](#) Lowell, MA

3/15 [Run to the Beach 30K](#), North Andover to Salisbury, MA *It is free

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

3/28 [April Fool's 4 Mile Road Race](#), Salisbury, MA

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

4/12 [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

Gear Up for Fitness Triathlon Team Meeting will be mid March.

Time and place will be posted

Special Beginner Triathletes Seminar in March