



### Up Coming Clinics: Be Ready for Your Race Season

#### Latitude **TRIATHLON TEAM TRAINING**

### Training Starts Week of April 28, 2014

*The Triathlon Training program will include the following:*

- Workouts will be emailed weekly, which will include heart rate zones each workout.
- Pool and open water swimming workouts.
- Practice open water swimming for events.
- Bike and run workouts to focus on speed and form.
- Endurance workouts to focus on practicing triathlons and transitions.
- Nutrition Information



*Triathlon Team Training for the following 2014 Races:*

#### **Sprint Training Focusing on:**

- 7/12 Dam Triathlon Amesbury, MA
- 7/20 Lowell Mill City Triathlon, Lowell, MA
- Sprint/International distances
- 8/10 Kingston Sprint Triathlon, Kingston, NH

#### **Half Ironman Training Focusing on:**

- 7/20 Lowell Mill City Triathlon, Lowell, MA
- International distance
- 9/7 Punksman Half Ironman, South Berwick, ME

For more information and registration go to: <http://gearupforfitness.com/upcoming-clinics/>

#### **Latitude Pools in Salisbury**

**Pool room is closed  
April 25th through April 28th  
For Pool Maintenance  
Plan workouts around those  
days**

#### Quote of the Month

“The marathon is not really about the marathon, it's about the shared struggle. And it's not only the marathon, but the training. “

- Bill Buffum

Questions: Contact Pam Houck  
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Blog: <http://gearupforfitness.com/>

For more races and race results go to:  
<http://www.coolrunning.com/>  
Triathlons: <http://www.trifind.com/>  
North Shore Cyclists: <http://www.nscyc.org/>

#### **Couch Potato to 5K Hero**

This program is for participants who are looking to start running, get in shape, or lose weight. The beginner will progress from a run/walk to running 3.1 miles (5K) on local roads and trails.

**Start Date: May 6, 2014**

**Open to All Ages**

**Tuesdays: 6:30—7:30 PM**

**Pre-register by May 5, 2014**

**Duration: 6 Weeks**

**Location: Latitude Lobby**

**Members \$84**

**Non-members: \$104**

**Upcoming 2014 Race:**

**6/14 3rd Annual Flag Day 5K  
Newburyport, MA**

For more information and registration go to: <http://gearupforfitness.com/upcoming-clinics/>

**Latitude Hours for Easter:  
7 AM to 1 PM**

#### **Upcoming Local Races 2014**

**4/26 TARC Trail Half Marathon,**  
Weston, MA: <http://ultrasignup.com/register.aspx?did=26408>

**5/3 Blaze the Trail 5K,** South  
Hampton, NH: <http://www.blazethetrail5.com/>

**5/4 Spring Fever 5K,** Newburyport,  
MA: <http://sf5k.newburyportpto.com/>

**5/4 Spring Duathlon,** North Andover,  
MA: <http://www.springduathlon.com/register>

**5/11 Run/Walk against Breast Cancer**  
(3 mile loop - Grass/Trail, repeat as many times you want) Bradley Palmer State Park, MA: <http://www.gaconline.net/2014MDapp.pdf>

**5/17 Evelyn's Run for the Roses 5K**  
Salisbury, MA: [http://runthecircle.org/wordpress/?page\\_id=363](http://runthecircle.org/wordpress/?page_id=363)

**5/18 Trav's Trail 3 mile Maudslay,**  
Newburyport, MA: <http://joppaflatsrunningclub.com/>

**5/18 Spring Fling Triathlon/Duathlon,**  
Tyngsboro, MA: <http://www.doublecracing.com/>

**5/18 Funky Kingston Half Marathon,**  
Kingston, NH: <http://kingstonhalf.com/>

**5/24 & 5/25: Pineland Trail Race**  
**5K/10K/25K/50K,** New Gloucester, ME:  
<http://www.pinelandtrails.com/>