

# Gear Up For Fitness

Run and Triathlon at any age.

What are your Big Races you are training for this Spring?

## Mid-February Newsletter

### March Happenings

#### 7th Annual Indoor Triathlon Series

Last Race of Series:

March 4, 2017

New for 2017 races:  
Bike Mileage Included in Score

*Test Your Endurance!*

*Great for First Time Triathletes*



15  
MINUTE  
SWIM

+

25  
MINUTE  
BIKE

+

20  
MINUTE  
RUN

Number  
of  
Lengths

+

Number  
of  
Miles

+

Number  
of  
Laps

*If this sounds interesting to you, please enroll by filling out the registration form, fill it out, bring or mail to Latitude: [2017indoortrisbrochure](#)*

### 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.

Wednesdays: 7:00 - 8:00 AM

\*Class size limit to 9 swimmers!

Starts Week Of: March 8, 2017

Duration: 8 Weeks

Location: Latitude Sports Clubs Lap Pool

Members \$128 Non-members: \$178

\*This clinic fills up fast, Sign Up Early!

*Download registration form, fill it out and go to Latitude to sign up: [triswimclinic3-8-2017.pdf](#)*

## Run Your Potential

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:

3/8/2017

Duration: 8 Weeks

Location: Lobby

Members: \$128 Non-members: \$158

**New Running Class**

This program is for runners/triathletes wanting to:

- Improve strength and endurance through Hill Repeats and Boot Camp
- Improve Speed through: Strides, Track, Tempo & Fartleks
- Form analysis on specific days with Cam recording
- Improve flexibility with stretching Learn to maximize your workouts with Heart Rate Training

#### Training for Following Races:

2/5 Frigid Fiver, Newburyport, MA

2/18, LOCO Palooza 5K, Salisbury, MA

3/5 Half at the Hamptons 13.1, Hampton, NH

These workouts are designed to be fun, challenging and inspiring.

*Download registration form, fill it out and go to Latitude to sign up: [runyourpotential3-8-2017.pdf](#)*

### TRX Suspension Trainer

Starts March 6, 2017

Free Demo

February 27th at 6 PM

Interested doing TRX Demo email Pam  
Only 3 spots available

All Core, All The Time!

Total Body Workouts!

Great for Runners and Triathletes!

Fit Pro: Pam Houck

Mondays: 6:00 PM

Start Date: February 27, 2017

Duration: 6 Weeks

Frequency: 1x per week

Cost: Members \$89

Non-members: \$149

*Download registration form, fill it out and go to Latitude to sign up: Check back next week of February 20th*

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