



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.200 10th November 2012

A weekly summary of what's happening over the forthcoming weekend, and beyond, for members of Fairlands Valley Spartans.

Race Results: Please remember to email your race results to results@fvspartans.org.uk by 8pm on a Sunday evening.

Meeting Point: We meet at Marriotts in the Drama Room, which is just off to the right from the sports centre/gym.

Beware of the Dark Side!! With the darker evenings now upon us please make sure you are wearing suitable training gear so that you are more visible. This includes light coloured/fluoro running tops. Please take a look at our guide – Be safe, Be seen and be a Spartan!
<http://www.fvspartans.org.uk/2012/04/03/be-safe-be-seen-and-be-a-spartan/>

Important News ...

ANNUAL SUBSCRIPTIONS are now OVERDUE!!! These can now be paid on line by taking this link <http://www.fvspartans.org.uk/members/membership-form/> If you have not renewed your subscription then you should not be training with the club.

ANNUAL GENERAL MEETING (AGM) 21st NOVEMBER – YOUR CLUB NEEDS YOU!! The AGM of Fairlands Valley Spartans will be held on **Wednesday 21st November 2012 at Marriotts School, 7.15pm**. The Club AGM is a chance to come and have your views heard. It is also the chance for you to vote in your Committee for next year. The Committee decides the direction the club takes, what events are run and how your money is spent. Being a member of the Committee does not have to be onerous and the club is keen that individuals are not overburdened. It is fun, you are only agreeing to be part of it for one year and there are only eight meetings in that time. If you are interested in standing for the committee, but are unsure what it involves, please speak to one of the current committee or contact Stephanie Mayfield (General Secretary) on 01438 815859 or 07944 294767 or via e-mail: secretary@fvspartans.org.uk.

Everyone can bring skills and new ideas to this committee (even if you don't think so!) and it is a great way to be involved and have a say in how the club is run. In particular the committee for next year is very interested if you have administration, event organising, accountancy or website skills. Specific roles which are vacant include: Assistant Treasurer, General Secretary, Minutes Secretary and Race Promoter/Race sub-committee leader. If you wish to be part of the Committee and are unable to attend the AGM, that is not a barrier to being elected, simply send your name to Stephanie Mayfield – secretary@fvspartans.org.uk.

We look forward to seeing as many people as possible at the AGM.

VIRGIN LONDON MARATHON 2013 – the results of the ballot are out and members are making plans!!! For many, unfortunately, that does not include running the VLM. However, do not be premature!! Firstly, we will be holding our own ballot for the club places in the VLM at our Christmas party (December!). For those that did not get a place from the ballot draw and are paid up members of the club, you can choose to enter the club ballot. Please let Roger Biggs know if you would like to do this. We are also beginning to pull the list together for those that would like to help on the baggage lorries at the 2013 VLM. Helping on the baggage gives you the opportunity to go into an extra ballot for places in the 2014 VLM and is also a really great day out at the event (there is some work involved for a shortish period of time before you can watch all of the runners coming through the finish areas, including all the Spartans!) If you would like to do this please let Roger Biggs know. Roger can be contacted on roger@thebiggs.net **Get in quick, places for the baggage lorries fill up fast!**

OUR NEW CLUB KIT TEAM – Barry King, Phil Rushton and Nick Witcombe are our 'kit masters'. Look out for details of the kit shop on the Forum. If you have any kit needs please speak to one of the team or e-mail them at kit@fvspartans.org.uk

NEW CLUB WEB SITE – To get the full benefits of the new website please sign up NOW by registering here <http://www.fvspartans.org.uk/login/> it only takes a minute. Keep up to speed with all things training at <http://www.fvspartans.org.uk/calendar-all/old-style-calendar/>

FORUM – Please note that the forum is available by taking this link <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl>

ARE YOU ON THE MAILING LIST? If you do not receive the news email then go to this link now and add yourself to the mailing list <http://www.fvspartans.org.uk/members/news-mailing-list/>

NEED HELP? If you are having problems accessing the new club website or forum then please contact us via webmaster@fvspartans.org.uk

....What's On This Week...

Saturday 10th November

9.15 – Track Session. (4x400m)+1600m+(4x400m)

This is a great session to test your pace judgement as well as focus on your running technique. Can you resist the urge to blast out the first 4 x 400m and then struggle to maintain a similar pace over the remainder of the session??!! The recoveries between the 400m will be set so that they are consistent in total to that you will get after the 1600m effort.

Details here: http://www.fvspartans.org.uk/ai1ec_event/4x400m-1600m-4x400m-2/?instance_id=2891

9.30 – Angels run – track session at Ridlins 9-15 a.m. Tempo pace as 15th Sept but increased number of efforts. However, the number of reps still depends on YOUR personnel fitness as before.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-40/?instance_id=2796

10.30 – Cross Training/Fat Burning Session at Ridlins

Andy Prior is currently running a series of sessions that incorporate cross training/fat burning training techniques. He is holding the sessions at Ridlins Stadium on Saturday mornings at 10:30am (all weather conditions 😊). The sessions are designed to burn fat, not improve aerobic fitness.

This form of cross training will help runners across a range of objectives.

Details here: <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1331816856>

Sunday 11th November

Simply spoilt for choice!!!

Group B – 10 mile run with Coach Leigh – a 10 mile training run meeting at Sainsbury's Corey's Mill at 8:50am ready for a 9am start.

Group B train at a long run pace of 10 min/mile or faster. The run is continuous with regrouping at intervals to ensure we stay together. Quicker runners within the group may get an extra 1-3 miles from the run.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-b-10-mile-training-run/?instance_id=3227

Group C - 5.5 mile with Katrina - a 5.5 mile road run. Meet at 8.50am, for a prompt 9am start, at the Chequers pub at Bragbury End. Group C is most suited to those whose long run pace is slower than 10 minutes per mile, including those coming up from the starter group. There will be regular regrouping so faster runners should expect to get additional mileage.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-c-5-5-mile-training-run/?instance_id=3316

We have the start of a NEW group this Sunday!

Group D – 3-4 mile run with Ossie - Running from Manton Road, Hitchin, starting at 9-00a.m. Running only 3-4 miles, this group is a Recovery/Transition group for those recovering from hard training on Saturday, missed training due to illness/injury/work/family or just forgetting to train because of a busy life style. The group runs at around 11 minute miling and is also ideal for Starters wanting to move up to Group 1 but feeling a little unsure of their fitness. We regroup regularly about every ¾ mile, but not stopping just jogging back. The run incorporates off road running.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=3307

Monday 12th November

7:30pm – Starter Group - Come and join our Starter Group for a run of approximately 5K. Ideal for new runners.

Details here: http://www.fvspartans.org.uk/ai1ec_event/starter-group-64/?instance_id=3035

Tuesday 13th November

19.00 – 5-6 x 5mins/2mins

Please meet in the Drama Room at 18.50 for announcements at 19:00.

This popular session is back, a great foundation session for any training programme where you are looking to target distances of 5K or more.

Each 5 minute effort is followed by a 2 minute moving recovery. The effort length means that you are going to be working at your lactate threshold border and will improve your pace judgement and pace endurance as well as your overall running technique (to maintain your pace you need to develop your running efficiency which in turn is improved by your technique). Focus on how you run and you will run more efficiently and in turn quicker.

Group 1 – 5 x 5min/2min

Group 2 – 5 x 5min/2min

Group 3 – 6 x 5min/2min

Group 4 – 6 x 5min/2min

Group 5 – 6 x 5min/2min

Details here: http://www.fvspartans.org.uk/ai1ec_event/5-6-x-5-min-intervals/?instance_id=3099

Thursday 15th November

9.30 – Angels Run - Steady 6 miles, Manton Road, 9-25 for 9-30 start..

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-35/?instance_id=2791

19:00 – 3-5 x 1K

This session is a great way to develop your running technique/form and to develop your running for a range of race distances, particularly 5K and 10K.

We use a circuit of cycleway so that the group stay within a small range of each other. Runners will pass each other regularly and this can be a real boost to getting you through the session at a higher level of effort. Run in small groups with runners of similar pace and you can keep each other going throughout the session! Take it in turns to lead your mini group!

For those that are fine tuning towards a race this session can also be used to practice your race pacing. It is a session that all runners in the club can take part in and would be beneficial as part of any training programme with target races of 5K or longer.

Details here: http://www.fvspartans.org.uk/ai1ec_event/3-5-x-1k-2/?instance_id=3086

19.00 – Starter Group

Come and join our Starter Group for a run of approximately 5K. Ideal for new runners.

Details here: http://www.fvspartans.org.uk/ai1ec_event/starter-group-76/?instance_id=3054

19:00 – Recovery/transition run - This is a continuous run over a route of approximately 5 miles, with regular regrouping so that the group stay together. Quicker runners should expect to get between 10-25% more mileage depending upon the pace they run at. Runners can use this for a variety of training objectives:

- recovery from a series of harder training sessions;
- recovery from a race the previous week (e.g. half or full marathon)
- part of their overall approach to increasing their training mileage
- developing pace judgement and/or tempo training
- as a transition from the Starter Group to the main club sessions on Tuesday and Thursday

Details here: http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-3/?instance_id=3066

Further Ahead

CROSS COUNTRY SEASON 2012/13

The Cross Country season has started with a good race last weekend at Cheshunt in our first fixture.

All races are free for Spartans and details are in our calendar. Here are the key dates for your diary:

25 November 2012 - Grovelands Park (Serpentine)

9 December 2012 - St Albans (St Albans Striders supported by GCR and Harpenden Arrows)

13 January 2013 - Royston (Royston Runners)

17 February 2013- Cassiobury Park, Watford (Watford Joggers)

Further details about the league series and tips about running cross country can be found on the club website at <http://www.fvspartans.org.uk/club/cross-country/>

CLUB CHRISTMAS PARTY – WE ARE GOING BACK TO SCHOOL! – 14TH DECEMBER

Relive the best days of your life with fun and games along with dancing to a variety of popular music. Fancy dress is encouraged (maybe your old school uniform still fits) but you are free to attend in non-uniform. The evening will also include the VLM club draw which is due to take place at around 7.30pm. The event is taking place at Mossbury Primary School , Webb Rise , Stevenage SG1 5PA, doors open at 7pm (Don't be late for registration).

Tickets are now available (see Tracy Pez, Jayne Pinner, Katrina Doyle or Nick Witcombe) and cost £5. This includes a buffet but can you please bring your own drinks. Further details will be posted to the Forum in due course. Please put this in your diary for now though!

CLUB CHRISTMAS TRAINING RUN – 18TH DECEMBER

On Tuesday 18th December we will be having our traditional post run nibbles! Just bring a long a contribution of crisps, savouries, sandwiches or cakes and we will get the urn running for a nice hot drink and post run treat. A chance to have a chat and some grub ahead of Christmas with your Spartan buddies! See the details here http://www.fvspartans.org.uk/ai1ec_event/8-10-x-3min-intervals-plus-our-pust-run-christmas-nibbles/?instance_id=3100

CLUB 10 MILE AND 5 MILE HANDICAP RACES – 20TH January 2013

The Handicap 10m/5m was scheduled for Sunday 2nd December. However we have been asked to avoid this date to prevent clashing with the Santa 5k now taking place in the park at the same time and the proposed revised date now clashes with the Garden City 5m event being arranged for the 16th December, so the Handicap will now not take place until 20th January, so please make a note of the new date. Further information will be issued next month, including details of handicaps issued.

CLUB PRESENTATION EVENING – 25th JANUARY 2013

The Club Presentation Evening will be on Friday 25th January at Knebworth Barns.

Further details will follow, but please put the date in your diary for the time being!

Kit

The new club vest has landed. Be one of the first to get your hands on a new vest. The sizes are very similar to the current vest and its cost is £15. There are also very attractive, go faster, stripy shorts to match ;o)

Please send an email to kit@fvspartans.org.uk for all kit enquiries.

Training

Don't forget that full details on all forthcoming training sessions can be found here <http://www.fvspartans.org.uk/calendar/>

Domin8 Fitness

For a full list of fantastic fitness classes please take a look at the Domin8 website <http://www.dominatfitness.co.uk/fitness-classes/>

Andy Prior PT

We can highly recommend Andy Prior if you are looking for a local personal trainer who will help you increase your fitness, lose weight, tighten those stubborn wobbly bits, reach your goals and motivate you to the next level. Take a look at Andy's website for details: <http://www.andyprior-pt.co.uk/>

Website



Like our Facebook page – www.facebook.com/fvspartans



Follow us on Twitter – <http://www.twitter.com/FVSpartans>

Training programme - <http://www.fvspartans.org.uk/calendar-all/old-style-calendar/>

Club Discipline & Conduct rules: <http://www.fvspartans.co.uk/AGM.shtml>

We welcome your feedback - please send us your comments to webmaster@fvspartans.org.uk