



**FAIRLANDS VALLEY SPARTANS**  
*UK's Best Running Club 2010*

## What's on this Week - No.202 24th 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](mailto: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.**

**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](mailto: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](mailto: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](mailto:webmaster@fvspartans.org.uk)

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

### Saturday 24th November

**9.15 – Track Session.** 4-6 x 800m/2:30 min recoveries

This is a great session to develop your relative running speed as well as strength and technique particularly for those with race distances of 5K or more. It is also beneficial for those developing their running strength as we move into the winter months.

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/4-6-x-800m-4/?instance\\_id=6448](http://www.fvspartans.org.uk/ai1ec_event/4-6-x-800m-4/?instance_id=6448)

**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-34/?instance\\_id=5486](http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-34/?instance_id=5486)

**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 25th November

**This Sunday is the second league fixture in the Cross Country Season.**

Details here [http://www.fvspartans.org.uk/ai1ec\\_event/xc-league-fixture-2/?instance\\_id=6429](http://www.fvspartans.org.uk/ai1ec_event/xc-league-fixture-2/?instance_id=6429)

**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  $\frac{3}{4}$  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=6434](http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=6434)

### Monday 26th 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-66/?instance\\_id=6401](http://www.fvspartans.org.uk/ai1ec_event/starter-group-66/?instance_id=6401)

## Tuesday 27th November

### 19.00 – shuttling the lactate!

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

This is the first of a series of sessions that we will now be including in our training programme to help to deliver our ability to deal with lactate produced during our running.

The start of the session will consist of a series of short efforts run above our lactate threshold (traditional interval training). We will then develop our training through a series of tempo based longer intervals to get the body to deal with the lactate produced at the start of the session. The session then finishes with a flourish of shorter intervals above your lactate threshold. You will be running these at interval pace when your body is tired so this helps to focus on good running form and efficiency. Group 1 will focus on a series of longer intervals.

Group 1 – 4 x 6min/2min

Group 2 – 4x1min/1min + 3 x 6min/2min + 4 x 1min/1min

Group 3 – 4x1min/1min + 4x 6min/2min + 4x1min/1min

Group 4 – 4x1min/1min + 4x 6min/2min + 4x1min/1min

Group 5 – 4x1min/1min + 4x 6min/2min + 4x1min/1min

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/shuttling-the-lactate/?instance\\_id=5766](http://www.fvspartans.org.uk/ai1ec_event/shuttling-the-lactate/?instance_id=5766)

## Thursday 29th 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-33/?instance\\_id=5485](http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-33/?instance_id=5485)

### 19:00 – 30secs, 45 secs, 60 secs hill session

Want to improve your running strength and technique? Flagging towards the end of a race?

This is the session for you.

We use a favourite section of cycleway (!!!) and carry out a series of short repeats ascending and then descending it. The session is continuous.

A 30 second effort up the hill, run back to the start, turn and then a 45 second effort up the hill, turn and return and then turn and run a 60 second repeat up the hill. Return to the start and that is one set of efforts. A group of sets are performed to complete the session.

There are multiple benefits in building in hill work into your training programme. The session does require effort but you can get so much from it. Worth including in your training! Find out more about hill training on our [coaching page](#)

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/30-secs-45-secs-60-secs-hill-repeats/?instance\\_id=5746](http://www.fvspartans.org.uk/ai1ec_event/30-secs-45-secs-60-secs-hill-repeats/?instance_id=5746)

## **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-78/?instance\\_id=5763](http://www.fvspartans.org.uk/ai1ec_event/starter-group-78/?instance_id=5763)

## **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! – 14<sup>TH</sup> 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 – 18<sup>th</sup> DECEMBER**

On Tuesday 18<sup>th</sup> 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](http://www.fvspartans.org.uk/ai1ec_event/8-10-x-3min-intervals-plus-our-pust-run-christmas-nibbles/?instance_id=3100)

## **CLUB PRESENTATION EVENING – 25<sup>th</sup> 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!

## **CLUB 10 MILE AND 5 MILE HANDICAP RACES – 27th January 2013**

The Handicap 10m/5m was scheduled for Sunday 2<sup>nd</sup> 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 16<sup>th</sup> December, so the Handicap will now not take place until 27th January, so please make a note of the new date. Further information will be issued next month, including details of handicaps issued.

## **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](mailto: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.domin8fitness.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](http://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](mailto:webmaster@fvspartans.org.uk)