



FAIRLANDS VALLEY SPARTANS
UK's Best Running Club 2010

What's on this Week - No.203 1st December 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.**

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!**

AGM 2012 AND OUR NEW COMMITTEE - At the recent AGM the following people were elected onto the committee:

Chair – Bev Harlow, General Secretary – Viv Honey, Committee Secretary – Jo Cahill, Treasurer – Mark Cheadle, Head Coach – Chris Leigh, Mens Team Captain – Nick Witcombe, Ladies Team Captain – Tracy Pez, Graham Blackburn, Jim Brown, Paul Holgate, James Day, Simon Harris, John Harlow, Lisa Jerrom, Tessa Stephenson, Maria Rushton, Phil Rushton, Barry King, Christine Sharman, Jayne Pinner

- It was decided that membership fees will increase to £25 from 1st April next year with the UKA £10/£20 affiliation fee optional
- All members will be encouraged to pay their membership fees promptly next year
- There was a discussion about the race calendar for next year – details can be found on the general board of the Forum
- Head Coach, Chris Leigh, delivered his report and asked for anyone interested in becoming a club coach to contact him
- Last year's Committee, particularly Chair – Graham Blackburn and Secretary – Steph Mayfield, were thanked for all their work during the last year

I feel privileged to be able to be Chair of the Spartans, a club I have been involved with for 21 years. I look forward to working with the committee on behalf of all members in the coming year to ensure that we continue to deserve the accolade of UK's best running club.

Bev Harlow

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 1st December

9.15 – Track Session. 2-3 x 400m, 300m, 200m, 100m

The main session starts with 2 to 3 x 400m with 2 minute recoveries in between each set. 2 to 3 x 300 metre efforts then follow with 2 minute recoveries. 2 to 3 x 200m with 1:30 minute recoveries before 2 to 3 x 100 metres with 1 minute recoveries.

The aim is to run consistent times for each group of distances but there should be a 1 second per 100 metre improvement in your pacing between each set as they become shorter. For example, you set yourself the target of running 3 sets of each distance. You run the first 400 metres in 1:45. So, you should be aiming to run the next two in 1:45. When you progress to the 3 x 300m efforts your target then becomes 1:15 per 300m. When you move to the 200 metres your aim is 48 seconds per 200m and then finally 23 seconds per 100 metres. If all this seems to complex then take a short cut and have a good look at the training plan that Paul Holgate has sent to you with target times for the session in it!!!!

Details here: http://www.fvspartans.org.uk/ai1ec_event/2-3-x-400m-300m-200m-100m-2/?instance_id=5540

9.30 – Angels run – St Ippollitts Church 9-25 for 9-30 a.m. Minsden-Preston circuit, 6.5 miles.

For those seeking an additional 2 miles meet at Manton Road 9-10 for 9-15 start.

Details here: http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-42/?instance_id=6487

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 2nd December

Group B – 10 mile run – Coach Leigh will be leading out a training run starting from the Showground car park (opposite the football ground). We will start promptly at 9am so please be there for 8:50am.

The run is mainly on roads with some good trails. A road shoe will be fine.

Group B train at a pace 10:30 min/mile or faster. The run is continuous with re-grouping. The quicker runners within the group will get 10-25% more mileage as a result (depending upon their actual pace).

Guaranteed great views on this one!!

Group C – 5-6 mile run - This Sunday 2nd December, Captain Gadget is organising a 5 to 6 mile run. We will meet at 8.50am, for a prompt 9am start at the car park in Fairlands Valley Showground, opposite the football ground in Broadhall Way.

The route, which will be mostly on cycle tracks, paths or country roads, will take us to Old Knebworth, Radley Heath and Knebworth.

Group C is most suited to those whose long run pace is slower than 10 minute miles, including those coming up from the Starter group. There will be regular regrouping so faster runners should expect to get additional mileage.

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/calendar-all/?ai1ec_page_offset=0&ai1ec_active_event=3307

Monday 3rd December

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-67/?instance_id=5630

Tuesday 4th December

19.00 – LT/Tempo/LT sandwich

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

This is the second of the 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 – 3x2 min/1min+3x5min/90 secs + 3x1min/1min

Group 2 – 3x2min/1min+3x5min/90 secs + 3x1 min/1min

Group 3 – 4x2min/1min+4x5min/90 secs + 4x1 min/1min

Group 4 – 4x2 min/1min+4x5min/90 secs + 4x1min/1min

Group 5 – 4x2 min/1min+4x5min/90 secs + 4x 1 min/1min

Details here: http://www.fvspartans.org.uk/ai1ec_event/ltempolt-sandwich-2/?instance_id=6485

Thursday 6th December

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-43/?instance_id=6488

19:00 – Speed endurance session (Ssssh secret squirrel!!)

The session uses a loop of cycleways focusing on developing your running strength and technique. The focus is on maintaining good running form whilst also maintaining your overall speed.

Details here: http://www.fvspartans.org.uk/ai1ec_event/speed-endurance-sssssh-secret-squirrel-session/?instance_id=5744

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 judgment and/or tempo training
- as a transition from the Starter Group to the main club sessions on Tuesday and Thursday

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-79/?instance_id=5745

Further Ahead

CROSS COUNTRY SEASON 2012/13

The Cross Country season has started with good races at Cheshunt and Southgate. More and more Spartans are getting involved and seeing how enjoyable XC can be.

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

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 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!

CLUB 10 MILE AND 5 MILE HANDICAP RACES – 27th 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 27th January, so please make a note of the new date. Further information will be issued next month, including details of handicaps issued.

CHANGE IN MARRIOTTS ENTRANCE – JANUARY 2013

We are moving ever closer to the opening of the new Marriotts school. With this will come a change in main entrance. During January we will start to come into the school via the entrance off of Six Hills Way into Brittain Way (the roundabout near the Ken Brown Motors site, adjacent to Shephall Way). Further details will be given to all club members as soon as the effective date of the change is known.

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.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



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

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