



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

## What's on this Week - No.204 8th 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](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. Roger also has a list of those who 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 club 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 8th December

**9.15 – Track Session.** 4-6 x (500m+100m)

The session is a series of 600m efforts with a twist!

Each effort starts from the 100m start line and runners follow the track until they have completed 500m (i.e. at the start/finish line). They then turn and complete the final 100 metres of the effort heading back to their starting point. The 100 metres is designed to be run with an additional 'push' whilst focusing on good running technique. A recovery of 2:30 minutes is then taken. Runners complete 4 to 6 of the efforts.

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/4-6-x-500m100m-2/?instance\\_id=5542](http://www.fvspartans.org.uk/ai1ec_event/4-6-x-500m100m-2/?instance_id=5542)

**9.30 – Angels run** – 6 mile steady run from Manton Road 9-25 for 9-30 a.m.

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/ossies-angels-31/?instance\\_id=6489](http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-31/?instance_id=6489)

**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 9th December

**Cross Country – league fixture 3 - St Albans (St Albans Striders supported by GCR and Harpenden Arrows) – the race starts at 10:30am.** Car sharing is highly recommended due to parking restrictions at the venue. Meet at the Fairlands Valley Showground car park at 8:45am for a 9am departure. Details of that and much more can be found at <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1353876236> . Full details of the race arrangements can be found at [http://www.fvspartans.org.uk/ai1ec\\_event/xc-league-fixture-3/?instance\\_id=6470](http://www.fvspartans.org.uk/ai1ec_event/xc-league-fixture-3/?instance_id=6470)

**Group B – 12 mile Letchworth Greenway run** – Coach Leigh will be leading out a training run starting from the Manor Wood car park (Willian). Please meet there are at 8:50am for a prompt 9am start.

The run is mainly on good trails with some use of pathways and road. 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).

Full details are here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-b-the-letchworth-greenway-training-run/?instance\\_id=6410](http://www.fvspartans.org.uk/ai1ec_event/group-b-the-letchworth-greenway-training-run/?instance_id=6410)

**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/calendar-all/?ai1ec\\_page\\_offset=0&ai1ec\\_active\\_event=3307](http://www.fvspartans.org.uk/calendar-all/?ai1ec_page_offset=0&ai1ec_active_event=3307)

## Monday 10th 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-68/?instance\\_id=5631](http://www.fvspartans.org.uk/ai1ec_event/starter-group-68/?instance_id=5631)

## Tuesday 11<sup>th</sup> December

**19.00 – 4 minutes with a twist!**

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

The session takes our tried and tested 4 minute intervals and adds a little more challenge at the end.

The series of 4 minute intervals will get you working on your pacing and running technique before you then finish with a series of shorter two minute efforts that should be run at your traditional interval pace (sub 5K). This trains your body to still run effectively when your body is beginning to tire.

Group 1 – 5x4min/90secs + 2x2min/1min

Group 2 – 5x4min/90secs + 2x2min/1min

Group 3 – 6x4min/90secs + 2x2min/1min

Group 4 – 7x4min/90secs + 2x2min/1min

Group 5 – 7x4min/90secs + 2x2min/1min

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/4-minute-efforts-with-a-twist/?instance\\_id=5769](http://www.fvspartans.org.uk/ai1ec_event/4-minute-efforts-with-a-twist/?instance_id=5769)

## Thursday 13<sup>th</sup> 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-30/?instance\\_id=5482](http://www.fvspartans.org.uk/ai1ec_event/ossies-angels-30/?instance_id=5482)

**19:00 – 3-4 x 1mile**

A session that focuses on building on your pace judgment and improves your lactate threshold. This all makes a positive contribution to your pacing for racing and will make a contribution to improving

your race performance. Good running technique leads to more efficient running, enabling you to sustain pace longer (tiring later/less) and to also avoid any injury risks related to running. The duration of this session, and the efforts within it, will ensure that you train your body to perform over longer intervals and also teach it to run well when you are tiring.

The session is run over a measured length of cycleway and the group stay within contact of each other as the session progresses. A great session for all abilities.

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/speed-endurance-ssssssh-secret-squirrel-session/?instance\\_id=5744](http://www.fvspartans.org.uk/ai1ec_event/speed-endurance-ssssssh-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

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/recoverytransition-run-6/?instance\\_id=5741](http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-6/?instance_id=5741)

### **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-80/?instance\\_id=5742](http://www.fvspartans.org.uk/ai1ec_event/starter-group-80/?instance_id=5742)

## **Friday 14<sup>th</sup> December**

### **Par-taa time!!! We are going back to school!**

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 available from Tracy Pez, Jayne Pinner, Katrina Doyle or Nick Witcombe and cost £5. This includes a buffet but can you please bring your own drinks. Full details are also on the Forum.**

## Further Ahead

### CROSS COUNTRY SEASON 2012/13

The Cross Country season has started with good races at Cheshunt and Southgate. This week we are at St Albans (see above). More and more Spartans are getting involved and seeing how enjoyable XC can be. We are also climbing up the cross country league table as a result.

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

**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 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. Tickets will be £25.00 which includes a hot buffet and disco. Tickets will be on sale through the website over the next few days. Please try to sign up early to be sure of a place.

### 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.

### 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](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.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](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)