



FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

What's on this Week - No.209 12th January 2013

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

Saturday 12th January

9.15am – (4x400m)+1600m+(4x400m) or the Cooper Fitness Test

Details here: http://www.fvspartans.org.uk/ai1ec_event/4x400m-1600m-4-x-400m-or-the-cooper-fitness-test/?instance_id=5554

9.30am – Angels run – 6 miles from Manton Road, 9-25 for 9-30 a.m.

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-36/?instance_id=7719

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 13th January

Cross Country league fixture 3 – Royston – this is the fourth fixture in our league campaign. Let's get as many stripey vests as possible running and consolidate the improvements we have made this year. The men also have something to prove this week!! Look out for the car sharing arrangements on the cross country board on the Forum.

Details are here: http://www.fvspartans.org.uk/ai1ec_event/xc-league-fixture-4/?instance_id=7691

Group B – early 3 miles and/or 13 miles. The main 13 mile run is a circuit of the Greenway starting from Manor Wood car park in Willian. Meet at 9am. For those wanting an additional 3 miles, meet Coach Leigh in Sainsbury's Coreys Mill car park at 8:20am to run over to Willian.

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-b-leitchworth-greenway-13-miles-with-an-optional-3-miles-extra/?instance_id=7667

Group C – 5 or 8 mile run with Katrina – please meet at Sainsbury's Coreys Mill car park ready to go at 9am. The first loop will be 5 miles followed by an additional 3 mile circuit for those that would like to run the additional miles.

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-c-training-run-5-or-8-miles/?instance_id=7721

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.

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=6441

Monday 14th January

7pm – Starter Group (use the new school entrance) - 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-72/?instance_id=7697

Tuesday 15th January

7pm – 2 minute intervals (use the new school entrance) - a traditional interval training session using 2 minute efforts with 1 minute recoveries. Pushing up the lactate threshold!

Details here: http://www.fvspartans.org.uk/ai1ec_event/2-minute-intervals/?instance_id=7711

Thursday 17th January

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

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-37/?instance_id=7700

7pm – Starter Group (use the new school entrance) - 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-85/?instance_id=7713

7pm 20:20 out and back run - (use the new school entrance) - we run out for 20 minutes on a specified route at a steady pace (7 out of 10). We then turn and come back in on the same route (retracing our steps) with the aim of returning 1-1:30 minutes quicker. The quickest runners in the group find themselves at the back when we turn at 20 minutes and have to try and catch the rest of the group on the way back in! The session helps to develop your running technique and pace judgment. This session is for all abilities.

Details here: http://www.fvspartans.org.uk/ai1ec_event/3-4-x-1-mile-2/?instance_id=7702

Further Ahead

25th January 2013 – Club Presentation evening - the Club Presentation Evening will be on Friday 25th January at Knebworth Barns. Tickets are £25.00 which includes a hot buffet and disco. Tickets are on sale through the website at http://www.fvspartans.org.uk/ai1ec_event/presentation-evening-2013/?instance_id=5716. As well as celebrating the wide range of achievements within the club during the last year, we will also be making the award for Spartan of the Year. You can vote for any paid up member of the club. Please send your nomination with the reason you think this Spartan should receive the award to Soty@fvspartans.org.uk.

27th January 2013 – Club 5 and 10 mile handicap races.

Details are here: http://www.fvspartans.org.uk/ai1ec_event/club-10-mile-and-5-mile-handicap-races/?instance_id=6450

Reminders

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

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/>

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