



# FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

## What's on this Week - No.210 19<sup>th</sup> January 2013

A weekly summary of what's happening over the forthcoming weekend, and beyond, for members of Fairlands Valley Spartans. **Due to the changeable weather conditions at the moment please also check the club website and/or Forum for any announcements regarding changes to session/venues or session cancellations.**

### **Saturday 19<sup>th</sup> January**

**9.15am – 3x (4x 400m+) Ridlins track, Woodcock Road**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/3-x-400metres/?instance\\_id=5611](http://www.fvspartans.org.uk/ai1ec_event/3-x-400metres/?instance_id=5611)

**9.30am – Angels run – 7 miles from St Ippolitts at 9:30am or meet at Manton Road 9:15am for a 9 mile run, off road.**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-38/?instance\\_id=7733](http://www.fvspartans.org.uk/ai1ec_event/angels-run-38/?instance_id=7733)

**10.30 – Cross Training Session at Ridlins with Andy Prior** - Andy is running a series of sessions that incorporate cross 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 20<sup>th</sup> January**

**Group B – early 5 miles and/or 10 miles.** The main 10 mile run is a circuit including Chesfield, Graveley, Hitchin. Meet at 9:15am at Sainsburys Coreys Mill car park. For those wanting an additional 5 miles, meet Coach Leigh in Sainsbury's Coreys Mill car park at 8:20am. If the snow is still on the ground then we will be keeping off the roads as much as possible and enjoying the fresh snow!

Full details are here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-b-10-mile-training-run-hitchin-plus-an-earlier-optional-5-miles/?instance\\_id=7731](http://www.fvspartans.org.uk/ai1ec_event/group-b-10-mile-training-run-hitchin-plus-an-earlier-optional-5-miles/?instance_id=7731)

**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=6442](http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=6442)

### **Monday 21st January**

**7:30pm – 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-74/?instance\\_id=7703](http://www.fvspartans.org.uk/ai1ec_event/starter-group-74/?instance_id=7703)

## Tuesday 22nd January

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

Details here: <http://www.fvspartans.org.uk/wordpress/wp-admin/post.php?post=3107&action=edit&message=1>

## Thursday 24th 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-39/?instance\\_id=7632](http://www.fvspartans.org.uk/ai1ec_event/angels-run-39/?instance_id=7632)

**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-86/?instance\\_id=7706](http://www.fvspartans.org.uk/ai1ec_event/starter-group-86/?instance_id=7706)

**7pm 30secs, 45 secs, 60 secs hill effort efforts. (use the new school entrance)** – This is a great way of developing speed, strength and running form. We use a suitable hill with short repetitions, looping down it before repeating the effort(s). Suitable for all runners and the groups stays together in a relatively small area throughout the session.

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/30-secs-45-secs-60-secs-hill-repeats-2/?instance\\_id=7705](http://www.fvspartans.org.uk/ai1ec_event/30-secs-45-secs-60-secs-hill-repeats-2/?instance_id=7705)

## Further Ahead

**25<sup>th</sup> 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=5715](http://www.fvspartans.org.uk/ai1ec_event/presentation-evening-2013/?instance_id=5715). 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](mailto:Soty@fvspartans.org.uk).

**27<sup>th</sup> 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](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](mailto: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/>

## 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)