



FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

What's on this Week - No.211 26th January 2013

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

Saturday 26th January

9.15am – 200m, 400m, 600m, (800m), (1K), (800m), 600m, 400m, 200m - Ridlins track, Woodcock Road

Details here: http://www.fvspartans.org.uk/ai1ec_event/200m-400m-600m-800m-1k-800m-600m-400m-200m/?instance_id=5551

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

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-40/?instance_id=7633

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 27th January

Groups A, B and C – 5 or 10 mile training run with Paul Holgate – Paul will be leading a group around the 5/10 mile handicap circuit. This will help you understand the route and some of the changes that have been needed this year ahead of the event on 10th February. Please meet at Marriotts (new entrance) at 9:15am ready for a 9:30am start. You can complete one lap for 5 miles or practice for the full 10 mile (2 laps) depending upon your own training objectives.

Full details are here: <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1358080975>

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=7783

Monday 28th 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-73/?instance_id=7707

Tuesday 29th January

7pm – Pyramid session (use the new school entrance) – a session with a mixed set of intervals to challenge your pacing!

Details here: http://www.fvspartans.org.uk/ai1ec_event/pyramid-session/?instance_id=7712

Thursday 31st 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-41/?instance_id=7636

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-87/?instance_id=5723

7pm 8-12 x 400m (use the new school entrance) – this session focuses on your running technique and speed development. This is of benefit to all runners within the club.

Details here: http://www.fvspartans.org.uk/ai1ec_event/8-12-x-400m-4/?instance_id=7710

7pm Recovery/transition run (use the new school entrance) - 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.

Details here: http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-13/?instance_id=7709

Further Ahead

10th February 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=7802

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/>

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