



FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

What's on this Week - No.212 2nd February 2013

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

Saturday 2nd February

9.15am – 4-6 x (500m + 100m) - Ridlins track, Woodcock Road

Details here: http://www.fvspartans.org.uk/ai1ec_event/4-6-x-500m-100m-2/?instance_id=7751

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-42/?instance_id=7637

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 3rd February

Group A – 10 mile run with Jo (with an optional extra 3.5 miles)

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-a-training-run-10-miles-plus-an-optional-extra-3-5-miles/?instance_id=7847

Group B – 10 mile run with Coach Leigh with an early 7 mile option

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-b-training-run-7-mile-early-10-mile-training-run/?instance_id=7798

Group C – 7 mile run with Nick with an early 5 mile option

Full details are here: http://www.fvspartans.org.uk/ai1ec_event/group-c-training-run-5-mils-plus-an-optional-extra-7-miles/?instance_id=7849

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=7784

Monday 4th February

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-71/?instance_id=7738

Tuesday 5th February

7pm – 8-11 x 3mins interval session (use the new school entrance)

Details here: http://www.fvspartans.org.uk/ai1ec_event/8-11-x-3-mins2-mins/?instance_id=7816

Thursday 7th February

9:30am – Angels Run - Steady 6 miles from the Willian Car Park, 9-25 a.m. for 9-30a.m.start.

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-43/?instance_id=7638

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-89/?instance_id=7837

7pm 8 x 200m hill repeats (use the new school entrance) – this is a new hills based training session that will develop your running strength as well as your speed. Shortish hill based intervals with longer recoveries. Come and join Bernie for this new session!

Details here: http://www.fvspartans.org.uk/ai1ec_event/8-x-200m-hill-repeats/?instance_id=7836

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

17th February 2013 – last XC league fixture!!

Details are here: <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1358112768> and http://www.fvspartans.org.uk/ai1ec_event/xc-league-fixture-5-watford/?instance_id=4512

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