



FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

What's on this Week - No.213 9th February 2013

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

Saturday 9th February

9.15am – 2-3 x (400m/300m/200m/100m)- Ridlins track, Woodcock Road

Details here: http://www.fvspartans.org.uk/ai1ec_event/2-3x400m300m200m100m/?instance_id=7756

9.30am – Angels run – Barton Hills, fabulous views and a great way to continue the winter programme. 9-25a.m. for 9-30 a.m. start. Leave Manton road by car at 9-05 a.m.

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-44/?instance_id=7639

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 10th February

10th February 2013 – Club 5 and 10 mile handicap races. Handicap target times and start times are available on the Forum.

Details are also here: http://www.fvspartans.org.uk/ai1ec_event/club-10-mile-and-5-mile-handicap-races/?instance_id=7802

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=7785

Monday 11th 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=7739

Tuesday 12th February

7pm – Speed development session, including running drills with 8 x 90 secs/60 secs (use the new school entrance). This is the first of a progressive series of sessions that will help to develop your running technique and speed. This is suitable for ALL abilities.

Details here: http://www.fvspartans.org.uk/ai1ec_event/speed-development-session-including-drills-with-8-x-90-secs60-secs/?instance_id=7889

Thursday 14th February

9:30am – Angels Run - Steady 6 miles, **WESTON** 9-25 for 9-30 start. If in doubt drive from Manton Road, 9-10 a.m. to leave at 9-15 a.m.

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-45/?instance_id=7640

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-94/?instance_id=7890

7pm - 4-6 x 800m (use the new school entrance) – including running drills, working on speed and running technique. For ALL abilities.

Details here: http://www.fvspartans.org.uk/ai1ec_event/4-6-x-800m-5/?instance_id=7891

7pm Recovery/transition run (use the new school entrance) – a continuous run of approximately 5 miles with re-grouping.

Details here: http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-4/?instance_id=7892

Further Ahead

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**](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/>

Training programme - <http://www.fvspartans.org.uk/calendar-all/old-style-calendar/>

We welcome your feedback - please send us your comments to [**webmaster@fvspartans.org.uk**](mailto:webmaster@fvspartans.org.uk)

Not getting information by e-mail from the club? Then make sure you have registered as a member of the mailing list. Simply go to the members menu bar on the website and click on NEWS MAILING LIST and enter and confirm your e-mail address. Simple!