



# FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

## What's on this Week - No.215 23rd February 2013

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

### **Saturday 23rd February**

**9.15am – 2-3x(4x200m/30secs)/5 mins- Ridlins track, Woodcock Road**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/2-3x4x200m30secs5-mins/?instance\\_id=7758](http://www.fvspartans.org.uk/ai1ec_event/2-3x4x200m30secs5-mins/?instance_id=7758)

**9.30am – Angels run – speed and pace development session – Ridlins track, Woodcock Road**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-48/?instance\\_id=7913](http://www.fvspartans.org.uk/ai1ec_event/angels-run-48/?instance_id=7913)

**10.30 – Cross Training Session at Ridlins with Andy Prior.**

Details here: <http://forum.fvspartans.org.uk/cgi-bin/yabb2/YaBB.pl?num=1331816856>

### **Sunday 24th February**

**Group A – 13 mile run with Jo – meet at Blackhorse Lane, Hitchin 10am**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-a-training-run-13-miles/?instance\\_id=7909](http://www.fvspartans.org.uk/ai1ec_event/group-a-training-run-13-miles/?instance_id=7909)

**Group B – 10 mile training run (9:15am) with Coach Leigh with the option of an early extra 5 miles (8:20am) – meet at Sainsbury's Coreys Mill car park**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-b-training-run-10-miles-plus-an-early-extra-5-miles-option/?instance\\_id=7910](http://www.fvspartans.org.uk/ai1ec_event/group-b-training-run-10-miles-plus-an-early-extra-5-miles-option/?instance_id=7910)

**Group C – 5.5 mile training run (9:15am) with Lisa – meet at Sainsbury's Coreys Mill car park**

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/group-c-5-5-mile-training-run-2/?instance\\_id=7911](http://www.fvspartans.org.uk/ai1ec_event/group-c-5-5-mile-training-run-2/?instance_id=7911)

**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=7787](http://www.fvspartans.org.uk/ai1ec_event/group-d-3-4-mile-training-run/?instance_id=7787)

### **Monday 25<sup>th</sup> 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=7741](http://www.fvspartans.org.uk/ai1ec_event/starter-group-71/?instance_id=7741)

## Tuesday 26<sup>th</sup> February

7pm – 6-8 x 4min/2min (use the new school entrance).

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/6-8-x-4min2min/?instance\\_id=7895](http://www.fvspartans.org.uk/ai1ec_event/6-8-x-4min2min/?instance_id=7895)

## Thursday 28th February

9:30am – Angels Run - Steady 6 miles, Manton Road, 9-25 a.m. steady 6 miles

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/angels-run-49/?instance\\_id=7645](http://www.fvspartans.org.uk/ai1ec_event/angels-run-49/?instance_id=7645)

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-88/?instance\\_id=7896](http://www.fvspartans.org.uk/ai1ec_event/starter-group-88/?instance_id=7896)

7pm – 20:20 out and back session. Another chance to take part in this popular session. Suitable for all abilities. A great session for developing pace judgment.

Details here: [http://www.fvspartans.org.uk/ai1ec\\_event/2020-out-and-back/?instance\\_id=7834](http://www.fvspartans.org.uk/ai1ec_event/2020-out-and-back/?instance_id=7834)

## Further Ahead

### HOT OFF THE PRESS!! Midweek league 2013 dates!

We now have the provisional details of the midweek league fixtures for our 2013 league campaign:

Stevenage 10k	Tuesday 14 <sup>th</sup> May 2013
Chingford 10k	Wednesday 29 <sup>th</sup> May 2013
Harlow 10k	Wednesday 12 <sup>th</sup> June 2013
WGC 5m	Wednesday 26 <sup>th</sup> June 2013

### Mob Match

Trent Park 9k Wednesday 17<sup>th</sup> July 2013

## 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!**