



FAIRLANDS VALLEY SPARTANS

UK's Best Running Club 2010

What's on this Week - No.216 2nd March 2013

Saturday 2nd March

9.15am – 8-12 x 400m- Ridlins track, Woodcock Road

Details here: http://www.fvspartans.org.uk/ai1ec_event/8-12-x-400m-5/?instance_id=7769

9.30am – Angels run – steady 6 miles from Manton Road

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-50/?instance_id=7646

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 3rd March

Group A – 13 mile run with Jo – meet at Blackhorse Lane, Hitchin 9:30am

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-a-training-run-13-miles/?instance_id=7928

Group B – 10 mile training run (9:15am) with Andy Prior with the option of an early extra 7 miles (8:00am) – meet at Ridlins Car Park, Woodcock Road

Details here: http://www.fvspartans.org.uk/ai1ec_event/4147-2/?instance_id=7930

Group C – 8 mile training run (9:00 am) with Nick – meet at Ridlins car park, Woodcock Road

Details here: http://www.fvspartans.org.uk/ai1ec_event/group-c-training-run-8-miles/?instance_id=7941

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=7788

Monday 4th March

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=7742

Tuesday 5th March

7pm – 12 x 90 secs/60 secs The second instalment in our Tuesday speed development sessions. (use the new school entrance).

Details here: http://www.fvspartans.org.uk/ai1ec_event/speed-development-12x-90-secs60-secs/?instance_id=7922

Thursday 7th March

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

Details here: http://www.fvspartans.org.uk/ai1ec_event/angels-run-51/?instance_id=7647

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-95/?instance_id=7925

7pm – 3-5 x 1K (use the new school entrance)

Details here: http://www.fvspartans.org.uk/ai1ec_event/3-5-x-1k-3/?instance_id=7923

7pm – recovery/transition run (use the new school entrance)

Details here: http://www.fvspartans.org.uk/ai1ec_event/recoverytransition-run-9/?instance_id=7924

Further Ahead

HOT OFF THE PRESS!! Midweek league 2013 dates!

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

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

Mob Match

Trent Park 9k Wednesday 17th July 2013

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/>

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

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!