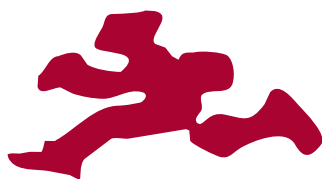


RUNNING WITH *SPARTA*

4:00 min/km Team Richard	Tue. & Thur. at 17:30 and Sat. at 10:00	Team Richard is for those who can run 10 km in under 36 minutes. The training focuses on distance running from 10 km and up to the marathon distance, and the runners participate in a number of competitions.
4:20 – 4:30 min/km Team JP	Tue. & Thur. at 17:30 and Sat. at 10:00	Team JP is for those who can run 10 km in 35-42 minutes. The training focuses on distance running from 5.000 m and up to the marathon distance.
4:45 min/km Team Easy Run	Tue. & Thur. at 17:30	Team Easy Run is for those who can run 10 km in 40-45 minutes. The team train distances between 12 and 18 km.
Sparta Student Runners	Mon., Wed, & Fri. 18:00	Student runners is for young runners between 18 and 30 years. The training focuses on 5 and 10 km.
5:00 min/km Team Five Star	Mon. & Wed, at 17:30	This team is for runners who can run 10 km in 43-47 minutes. The training distances varies between 10 and 16 km.
5:00 min/km Team High Five	Tue. & Thur. at 17:30	Team High Five is for those who can run 10 km in 43-47 minutes.
5:15 min/km Team Sarah	Tue. & Thur. at 17:30	Team Sarah is for those who can run 10 km in 45-50 minutes. The training distances varies between 9 and 16 km.
5:15 min/km Bentes Talenter	Tue. & Thur. at 17:30	Bentes Talenter is the team for those who can run 10 km in 45-50 minutes.
5:30 min/km Team Middelfart	Mon. & Wed. at 17:30	This team is for those who can run 10 km in 50-55 minutes.
5:40 min/km Dream Team	Tue. & Thur. at 17:30	Dream Team offers training for those who can run 10 km in 52-57 minutes.
6:00 min/km Team Brian Jef	Tue. at 17:30	Team Brian Jef is the team for those who can run 10 km in 55-60 minutes.
6:00 min/km Six Pistols	Mon. & Wed. at 17:30	Team Six Pistols is for those who can run 10 km in 55-60 minutes.
6:30 min/km Team Mariann & Lise	Mon. & Wed. at 17.30	Team Mariann & Lise is the team for those who can run 10 km in 60-65 minutes.
7:00 min/km 'Introduction team'	Mon. & Wed. at 17.30	This team is an offer to those who have finished the Beginner Programme. It aims at enabling the runners to shift to the other Sparta teams, particularly 6:30 min/km. It closes again when this aim is achieved.
Beginner programme	Wed. 17:30	It is a 10 week programme aiming at enabling the participants to run 5 km at the end of the programme. Beginners programmes run Winter, Spring and Autumn.



Advice by runners to runners



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