

THE HOME OF **RACINGTNT TRIATHLON TEAM** AND THE **'ABBEYDALE PARK SPIN SQUAD'** NEW HEAD OFFICE NOW AT ABBEYDALE PARK FITNESS CLUB

Session	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
Every two weeks	Tuesday	31-March	Track Running	Quality Speed Work for ALL abilities – TWO coaches there to help YOU improve!!	7pm	1hr	£3'	Mount St Mary's College Spinkhill S21 3YL (nr Renishaw)	Running gear	No	RacingTNT squad training at this UKA track facility.(Car share) Chris Adams now coaching squad.
<b>EARLY BIRD SESSION</b>	Wednesday	01-April	Spin bikes	Calorie burn biking!	07.40-08.20AM Early Bird Session	40 mins	£3 or £2.50 for ASC members	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or small SPD cleats	No	<b>Chance to train BEFORE work! BOOKING essential</b> via TEXT 07528 657151
	Wednesday	01-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	Thursday	02-April	Spin bike training	Calorie burn biking!	6.20pm ONLY	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	GOOD FRIDAY	03-April	Spin & Run	Calorie burn biking!	09.40am	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	<b>3k run</b> optional after spin session	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	Easter Sat	04-April									No official team run
	Easter Sun	05-April									Family fun...day off!!
	<b>Bank Hol Monday</b>	06-April	Spin bike training – <b>MORNING CLASSES!</b>	Calorie burn biking!	09.40am and 10.20am	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
<b>EARLY BIRD SESSION</b>	Wednesday	08-April	Spin bikes	Calorie burn biking!	07.40-08.20AM Early Bird Session	40 mins	£3 or £2.50 for ASC members	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or small SPD cleats	No	<b>Chance to train BEFORE work! BOOKING essential</b> via TEXT 07528 657151
	Wednesday	08-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	Thursday	09-April	Spin bike training	Calorie burn biking!	6.20pm ONLY	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	Friday	10-April	Spin & Run	Calorie burn biking!	09.40am	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	<b>3k run</b> optional after spin session	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
<b>Spinsane... or totally insane!</b>	Friday	10-April	SPINSANE	Spin and core session	5.40pm	40 mins	£4'	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Trainers, PE kit and bike shoes with small spd cleats if you have them!	Its Friday..... head for the bar!	New. Exciting new class,includes six spin tracks, floor-core and some optional boxercise routines. Great fun!
	Saturday	11-April	Run	Quality Speed Work	11'am	1 hour	£2'	Millhouses Cafe	Run Kit	Yes	Woodland intervals.
<b>IT'S BACK!!! Team ROAD BIKE</b>	Sunday - Four ability groups. <b>Rescue vehicle.</b> 30 miles	<b>12-April</b>	Road Bike	Guided Ride' through the Peak District 30-35 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	<b>10am</b>	<b>Castleton and Fairholm-easy season opener..</b>	£2'	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level. <b>FOUR GROUPS</b>
<b>New block of eight weeks.</b>	Sunday	12-April	Pool swim	Three pool side coaches offering expert advice throughout session	6pm'	<b>1 hour</b>	£6.25'	Graves Leisure	Swim stuff and water bottle!	No	<b>FULLY BOOKED.</b> All pre-booked but see FACEBOOK and buy places ad-hoc

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Session	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
<b>NEW!</b> Weekly get fit fast session	Monday	13-April	Circuits	Boxercise and basic fitness work	6pm'	<b>30 mins</b>	£3'	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	gym kit and towel	No	Pow! Quickfire workout for the time precious!
	Monday	13-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
Every two weeks	Tuesday	14-April	Track Running	Quality Speed Work for ALL abilities – TWO coaches there to help YOU improve!!	7pm	1hr	£3	Mount St Mary's College Spinkhill S21 3YL (nr Renishaw)	Running gear	No	RacingTNT squad training at this UKA track facility.(Car share)
<b>EARLY BIRD SESSION</b>	Wednesday	15-April	Spin bikes	Calorie burn biking!	07.40-08.20AM Early Bird Session	40 mins	£3 or £2.50 for ASC members	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or small SPD cleats	No	<b>Chance to train BEFORE work!</b> <b>BOOKING essential</b> via TEXT 07528 657151
	Wednesday	15-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	Thursday	16-April	Spin bike training	Calorie burn biking!	6.20pm ONLY	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	Friday	17-April	Spin & Run	Calorie burn biking!	09.40am	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	<b>3k run</b> optional after spin session	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
<b>Spinsane.... or totally insane!</b>	Friday	17-April	SPINSANE	Spin and core session	5.40pm	40 mins	£4'	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Trainers, PE kit and bike shoes with small spd cleats if you have them!	Its Friday..... head for the bar!	New. Exciting new class,includes six spin tracks, floor-core and some optional boxercise routines. Great fun!
<b>SOCIAL!</b>	Friday	17-April		TWO YEAR spin social	7pm'						Join the TNT and Spin squads at <b>Abbeydale Sports Bar</b> from 7pm.
	Saturday	18-April	Run	Quality Speed Work	11'am	1 hour	£2'	Millhouses Cafe	Run Kit	Yes	Woodland intervals.
Moderate, some hills – Team <b>ROAD BIKE</b>	Sunday – Three ability groups. <b>Rescue vehicle.</b> 45 miles	19-April	Road Bike	Guided Ride' through the Peak District 35 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	<b>10am</b>	<b>Buxton</b>	£2'	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level. <b>THREEGROUPS</b>
Block of eight weeks.	Sunday	19-April	Pool swim	Three pool side coaches offering expert advice throughout session	6pm'	<b>1 hour</b>	£6.25'	Graves Leisure	Swim stuff and water bottle!	No	FULLY BOOKED. All pre-booked but see FACEBOOK and buy places ad-hoc
	Monday	20-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
<b>NEW!</b> Weekly get fit fast session	Monday	20-April	Circuits	Boxercise and basic fitness work	6pm'	<b>30 mins</b>	£3'	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	gym kit and towel	No	Pow! Quickfire workout for the time precious!
<b>EARLY BIRD SESSION</b>	Wednesday	22-April	Spin bikes	Calorie burn biking!	07.40-08.20AM Early Bird Session	40 mins	£3 or £2.50 for ASC members	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or small SPD cleats	No	<b>Chance to train BEFORE work!</b> <b>BOOKING essential</b> via TEXT 07528 657151
	Wednesday	22-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151

Led by Matt Norris

RacingTNT is a registered British Triathlon Federation Team active in the Yorkshire, Derbyshire & Peak District  
Find us on Facebook: **RacingTNT Triathlon Team** (Group) [www.novicecoaching.com](http://www.novicecoaching.com)

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Session	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
<b>Novice Cleats Session. BOOK NOW 07704 857448</b>	Thursday	23-April	<b>Cleats Session. ( three max for session)</b>	Basic cleat, pedal and bike handling. <b>Important skills.</b>	6.30pm - 8pm	1.5hrs	£10'	Sheepbridge Trading Est. sat nav S41 9PZ	<b>NO MTB's/Hyb's (sorry) – Road bike only &amp; cycling kit inc. helmet</b>	No	Another opportunity to get cycling properly and get cleated pedals fitted. Easy to understand techniques for newbies ONLY.
	Thursday	23-April	Spin bike training	Calorie burn biking!	6.20pm ONLY	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
	Friday	24-April	Spin & Run	Calorie burn biking!	09.40am	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	<b>3k run</b> optional after spin session	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
<b>Spinsane.... or totally insane!</b>	Friday	24-April	SPINSANE	Spin and core session	5.40pm	40 mins	£4'	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Trainers, PE kit and bike shoes with small spd cleats if you have them!	Its Friday..... head for the bar!	New. Exciting new class, includes six spin tracks, floor-core and some optional boxercise routines. Great fun!
<b>FIRST OPEN WATER SESSION</b>	Saturday – EXTENDED OPENING!!!	25-April	Open water swim	Fresh water lake swim	08.30am sign in	09:00 – 12 NOON	£'3.50	<b>Tyram Lakes</b> Bawtry Road A614 Hatfield Woodhouse <b>DN7 6DR</b>	Wetsuits (hire available text 07704 857448) and swim gear.	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Moderate, some hills – Team <b>ROAD BIKE</b>	Sunday – Four ability groups. <b>Rescue vehicle.</b> 35 miles	26-April	Road Bike	Guided Ride' through the Peak District 35 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	<b>10am</b>	<b>Cromford Mills</b>	£2	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level. <b>FOUR GROUPS</b>
Block of eight weeks.	Sunday	26-April	Pool swim	Three pool side coaches offering expert advice throughout session	6pm'	<b>1 hour</b>	£6.25'	Graves Leisure	Swim stuff and water bottle!	No	FULLY BOOKED. All pre-booked but see FACEBOOK and buy places ad-hoc
	Monday	27-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
<b>NEW! Weekly get fit fast session</b>	Monday	27-April	Circuits	Boxercise and basic fitness work	6pm'	<b>30 mins</b>	£3'	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	gym kit and towel	No	Pow! Quickfire workout for the time precious!
Every two weeks	Tuesday	28-April	Track Running	Quality Speed Work for ALL abilities – TWO coaches there to help YOU improve!!	7pm	1hr	£3	Mount St Mary's College Spinkhill S21 3YL (nr Renishaw)	Running gear	No	RacingTNT squad training at this UKA track facility. (Car share)
<b>EARLY BIRD SESSION</b>	Wednesday	29-April	Spin bikes	Calorie burn biking!	07.40-08.20AM Early Bird Session	40 mins	£3 or £2.50 for ASC members	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or small SPD cleats	No	<b>Chance to train BEFORE work! BOOKING essential</b> via TEXT 07528 657151
	Wednesday	29-April	Spin bike training	Calorie burn biking!	6.20pm & 7pm	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151
<b>First Midweek RIDE!!!</b>	<b>Thursday:</b> THREE ability groups.	30-April	Ladies and gents – <b>Midweek Bike Ride</b>	Guided Ride' through the Peak District 20-30 miles (ability groups stays together) av speed 13-16mph	6.30pm	2hrs	£2'	Millstone Pub car Park on road down to Hathersage	<b>NO MTB's/Hyb's (sorry) – Road bike only &amp; cycling kit inc. helmet</b>	Meal (optional)	Highly experienced team leaders will lead group rides. <b>Please see Facebook for group organisation.</b>
	Thursday	30-April	Spin bike training	Calorie burn biking!	6.20pm ONLY	40 mins	£4	NO MEMBERSHIP NEEDED!! ... at Abbeydale Sports Club Dore S17 3LJ	Suitable shorts, t/vest, trainers or SPD cleats	No	Indoor, SAFE environment to train over this spring period. <b>BOOKING essential</b> via TEXT 07528 657151