



TNT Coaching and training sessions

Sept - Dec 2006

Coach: Matt Norris

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| Session/ Races | Day | Date | Discipline | Content | Session Start Time | Approx Duration | Coaching fee | Meeting Point | Equipment | Café After |
|-------------------|----------|--------|--|--|-----------------------|--------------------|-----------------|---|---|---------------|
| 1 | Saturday | 2-Sep | Run | Abbey800 | 11am | 1hr | £ 2.00 | Millhouses Park Café | Running gear | Yes |
| 2 | Sunday | 3-Sep | Bike | Bike set-up, discussion and advice. Hill climbing skills | 11am | 1.5hrs | £ 3.00 | Hathersage Station | Bike & cycle kit inc. helmet | Yes |
| 3 | Saturday | 16-Sep | Run | Rollercoaster | 11am | 1hr | £ 2.00 | Millhouses Park Café | Running gear | Yes |
| 4 | Saturday | 30-Sep | Bike | Descending skills | 11am | 1.5hrs | £ 2.00 | Fox House PH car park | Bike & cycle kit inc. helmet | Yes |
| 5 | Sunday | 1-Oct | Bike | Cornering | 11am | 1.5hrs | £ 2.00 | Derwent Valley - Fairholmes Car Park | Bike & cycle kit inc. helmet | Yes |
| 6 | Saturday | 7-Oct | Run/Bike/Run Novice Training Event | novicecoaching.com Duathlon (TNT v Esporta) | 10am | 1hr | £3 entry fee | Derwent Valley - Fairholmes Car Park | Bike & cycle kit inc. helmet & running gear | Yes |
| 7 | Sunday | 8-Oct | Bike | Novice bike ride- Group riding skills | 11am | 3hrs | £ 1.00 | Fox House PH car park | Bike & cycle kit inc. helmet | Yes |
| 8 | Saturday | 14-Oct | Run | Supanova | 11am | 1hr | £ 2.00 | Millhouses Park Café | Running gear | Yes |
| 9 | Sunday | 15-Oct | Bike | novicecoaching.com 5 mile TNT bike t/trial. | 11am | 1hr | £ 2.00 | Sheepbridge, Trading Estate, Chesterfield | Bike & cycle kit inc. helmet | No |
| 10 | Saturday | 21-Oct | Run | 10 mile group run (inc. pace work) | 11am | 1.5hrs | £ 1.00 | Derwent Valley - Fairholmes Car Park | Running gear | Yes |
| 11 | Saturday | 28-Oct | Run | Group run - long sustained effort | 11am | 1hr | £ 2.00 | Millhouses Park Café | Running gear | Yes |
| 12 | Saturday | 4-Nov | Run Training Event | Esporta 10k road run time trial | 11am | 1hr | £ 2.00 | Esporta Car Park | Running gear | No |
| 13 | Sunday | 5-Nov | Bike Training Event | TNT 'Rocket Ride' Hill Climb time trial | 11am | 1hr | £3 entry fee | Calver - Bridge Inn | Bike & cycle kit inc. helmet | Yes |
| 14 | Saturday | 2-Dec | Bike | Easy TNT group Christmas ride (includes Christmas lunch stop!) | 10am | 4 hrs | No charge | Fox House PH car park | Bike & cycle kit inc. helmet | Yes |
| 15 | Sunday | 3-Dec | Race | Percy Pud' 10k sub 45 mins pacing - call Matt for details | 10am | 44.59! | £ 2.00 | Start Line | Running gear (and positive attitude) | No |

Sheffield Tri Club members add £1 to coaching and entry fees (membership of STC encouraged) No booking necessary.

e: All times stated are session start times, please arrive as early as possible.

Coming soon.....Autumn Training Camp Review... Operation 'Red Seagull' (fully booked!... Spring Training Camp March/April 2007- Operation 'Blue Kite', details tbc. TNT Mountain Bike (MTB) novicecoaching.com Winter League starts here Jan to April 2007 Email for details and register your interest.