

RacingTNT coaching and training sessions

led by Matt Norris Sept-Oct 2008

RacingTNT is a registered British Triathlon Federation Team active in the Sheffield, Chesterfield & Peak District
See **RacingTNT Club FORUM** on home page www.novicecoaching.com

Session/Day Races	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Meeting Point	Equipment	Café After	Coaches Comments	
1	Saturday	30-Aug								No session planned see forum on website for member plans	
2	Sunday	31-Aug	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stay together) av speed 13-15mph and 17-20mph in top group.	10am	3hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	ALEX G LEADS SESSION... Highly experienced team leaders ride at advanced novice and intermediate level
3	Saturday – LAST OPEN WATER SWIM OF THE SEASON	06-Sept	KEY NOVICE SESSION – OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am -10am	2hr	£2/£3	Rother Valley see forum for details... LAST O/W SWIM OF THE SEASON!	Wetsuit compulsory	Yes	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
4	Sunday	07-Sept	Run /Team targeted RACE	The RacingTNT Team at THE GREAT YORKSHIRE 10K RUN					Running gear	No	New race to Sheffield in 2007. RacingTNT have a good presence in 2008. Join us this year.
5	Saturday	13-Sept	NEW RACE !! Bike	2 up 25 mile team 'time-trial' race				Hatfield, Doncaster			See Forum-Simon Wells heads up RacingTNTs Team in this exciting event
6	Saturday & Sunday	13-14 Sept	Blue Kite III Triathlon Training Camp	Ten RacingTNT athletes travel to Scarborough for triathlon coaching weekend				Scarborough, North Yorks			RacingTNTs sixth training camp in three years. triathloncamp.co.uk
7	Saturday	20-Sept	Run	Supanova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	It's back...the true test of stamina (with easy recovery group running)
8	Sunday	21-Sept	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
9	Saturday & Sunday	27-28 Sept									No planned sessions – see club forum for adhoc training events
10	Saturday	04-Oct	Run	Rollercoaster	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Hold on tight, it's all the fun of the fair..group running session
11	Sunday	05-Oct	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
12	Saturday	11-Oct	Run	Meganova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	The ultimate hill stamina workout. Only true TNTrs may apply! Group run to remember
13	Sunday	12-Oct									No session planned see forum on website for member plans
14	Saturday	18-Oct	Run	Beast & Baby Beast – moderate off road/trail workout	11am	1hr	£2	King Ecgbert School entrance Totley Brk Rd S17	Running gear	No	Excellent endurance pace group running (athletes with clean new trainers need not apply)
15	Sunday	19-Oct	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
16	Saturday	25-Oct	Run	Esporta 10k road running time-trial. Setting off at 60,55,50 47,45,42 and 40 mins predicted time handicap	11am	1.30hrs	£3	Esporta Sheffield - Archer Road S8	Running gear	Yes	Very popular team session aimed at ALL abilities capable of running 10k 6 WEEKS before Percy Pud!
17	Sunday	26-Oct	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level