

No	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Venue/Meeting Point	Equipment	Café After*	Coaches Comments
1	Saturday	02-May	Run	Meganova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	True test of endurance running on woodland track ...come and find your fitness level with us
2	Bank Hol Monday	04-May	Novice and Intermediate Duathlon	NEW SESSION:Practise Duathlon Race 2k-8k-2k run-bike-run training event.Contact matt norris for exact location details.5 mins from meadowhead that's all !!	09.30am	1hr	£2	Sheepbridge Trading Estate, Chesterfield just off the A61 Dronfield by-pass	Run and bike/ tri-suit gear inc. helmet	No	This new RacingTNT event was trialled by a small group last year and will give athletes opportunity to practise race skills on fast marshalled roads.
3	Thursday	07-May	Pool swim	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details... six more sessions booked with FULL pool at this venue
4	Saturday	09-May	Run	Easy Slopes	11am	1hr	£2	Graves Park- Charles Ashmore Road Car Park Meadowhead	Running gear	Yes	Good old fashioned interval hill sets on grass surface. Suitable for all levels
5	Sunday	10-May	Road Bike	Guided Ride' through the Peak District 50 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	4hrs – Buxton and back	£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
6	Tuesday	12-May	Track Running	Pyramid and Interval Speed sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
7	Saturday	16-May	FIRST 2009 OPEN WATER SWIM	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 8.30	£2	Rother Valley	Wetsuit	Optional	LOOK FOR THE ORANGE TEAM... Novices are guided through essential drills and skills for open water success
8	Sunday	17-May	Road Bike	Guided Ride' through Derbyshire/ Notts 45 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	(4hrs) Clumber Park	£2	Coal Aston Village Hall, Eckington Rd, next to Royal Oak PH, Coal Aston	Road bike & cycling kit inc. helmet	Yes*	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
9	Thursday	21-May	Pool swim	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	FULL POOL booked with the RacingTNT squad using all six lanes
10	Saturday	23-May	Run	Shaker-maker Pursuit	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	New event for 2009. Team challenge against others and the clock!
11	Monday	25-May	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 – Monyash & Tissingtn Well Dressing	£2	Hathersage Pool Café	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
12	Tuesday	26-May	Track Running	Pyramid and Interval Speed sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
13	Saturday	30-May	OPEN WATER SWIM	NEW – Champions League and Premiership POWER event (Race 1of 4) 400m o/w swim and 5k run race	8am-10am	In water at 08.30	£2	Rother Valley – sponsored by Profuel	Wetsuit	Yes	LOOK FOR THE ORANGE TEAM... Novices are guided through essential drills and skills for open water success
14	Saturday	30-May	2009 - RacingTNT and Sheffrec Road Bike Time Trial Champs	Road Bike Time Trial Race over 10 miles – highly recommended!	see forum for full entry details		Sheffrec to advise entrants. See forum / simon wells	Hatfield Doncaster	Road bike, helmet and cycle gear	Tbc	Associated Partners Sheffrec have invited ALL levels of RacingTNTs to take part in this event
15	Thursday	04-Jun	Pool swim	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	FULL POOL booked with the RacingTNT squad using all six lanes
16	Saturday	06-Jun	OPEN WATER SWIM (and run training after)	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	08am-10am run starts 10am	3hr	£2	Rother Valley	Wetsuit and run gear	Yes	LOOK FOR THE ORANGE TEAM... Novices are guided through essential drills and skills for open water success plus 10k interval run
17	Sunday	07-Jun	Road Bike	Guided Ride' through the Peak District 40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs – Carsingtn water near Ashbourn	£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
18	Tuesday	09-Jun	Track Running	New training event. "Mary's Mile" No speed virgins allowed!	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
19	Saturday	13-Jun	OPEN WATER SWIM	NEW – Champions League and Premiership POWER event (Race 2 of 4) 400m o/w swim and 5k run race	08am -10am	In water at 08.30	£2	Rother Valley – sponsored by Profuel	Wetsuit	Yes	LOOK FOR THE ORANGE TEAM... Novices are guided through essential drills and skills for open water success
20	Sunday	14-Jun	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 – Strindes (hard hills – no softies!)	£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
21	Thursday	18-Jun	Pool swim	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	FULL POOL booked with the RacingTNT squad using all six lanes
22	Saturday	20-Jun	OPEN WATER SWIM (and run training after)	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	08am-10am run starts 10am	3hr	£2	Rother Valley	Wetsuit and run gear	Yes	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success- plus 10k interval run
23	Sunday	21-Jun	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 –Tideswell & Youlgrve Well Dressing Ride	£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
24	Tuesday	23-May	Track Running	Pyramid and Interval Speed sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
25	Saturday	27-Jun	OPEN WATER SWIM	NEW – Champions League and Premiership POWER event (Race 3 of 4) 400m o/w swim and 5k run race	8am-10am	In water at 08.30	£2	Rother Valley	Wetsuit	Yes	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
26	Sunday	28-Jun	Road Bike	Guided Ride' through the Peak District 60 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	4hrs – Flash highest Pub in Derbys' 520 m	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes* *En-route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level