TNT & ITC Coaching and training sessions

led by Matt Norris April-June 07
(including stc training events - not coached) and training Camp Dates 2007

Determine your destiny... today

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www.novicecoaching.com
www.novicetriathlete.com

Session/ Races	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue	Equipment	Café After
1	Good Friday	6-Apr	Run	Hammer-time interval sets	10am	1hr	£2	Graves Park	Running gear	No
2	Easter Saturday	7-Apr	Bike	Novice / ITC Group riding skills	11am	1.5hrs	£3	Fairholmes	Bike & cycling kit inc. helmet	Yes
	Weekend	**14/15 Apr**	**Training camp**	**RedSeagull 2 (novices only)**				**Fully booked (10 athletes)**		
3	Saturday	21-Apr	Duathlon run-bike-run	Novice practice training race at Fairholmes	10am	1.5hrs	£3	Fairholmes	Bike, helmet & Running gear	Yes
4	Saturday	28-Apr	Transition practice for all sponsored by www.novicecoaching.com		11am	1hr	£2	Millhouses Park	Bike, helmet & Running gear	Yes
5	Sunday	29-Apr	Bike	Novice Cornering skills	11am	1.5hrs	£3	Fairholmes	Bike & cycling kit inc. helmet	Yes
Not coached	Thursday	3-May	Duathlon	STC training event 18.30pm				See club website www.sheffieldtriclub.com		
	Weekend	**12/13 May**	**Training camp**	**Blue Kite (ITC's) Advanced Novices and Intermediates**				**Two places remain – call now (14 athletes)**		
Not coached	Thursday	17-May	Duathlon	STC training event 18.30pm				See club website www.sheffieldtriclub.com		
6	Wednesday	23-May	Transition practice for all sponsored by www.novicetriathlete.com		17.30pm	1hr	£2	Millhouses Park	Bike, helmet & Running gear	No
Not coached	Thursday	31-May	Duathlon	STC training event 18.30pm				See club website www.sheffieldtriclub.com		
7	Sunday	10-Jun	Bike	Team TNT/ITC Training 'Predator Pursuit' Race	10am	1.5hrs	£3	Fairholmes	Bike & cycling kit inc. helmet	Yes
Not coached	Thursday	14-Jun	Duathlon	STC training event 18.30pm				See club website www.sheffieldtriclub.com		
Not coached	Thursday	28-Jun	Aquathon	Swim-run STC training event				See club website www.sheffieldtriclub.com		