

TNT (& ITC) Coaching and Training Sessionsled by Matt Norris Aug-Nov 2007
and Training Triathloncamp date in October 2007

Session	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
1	Saturday	25-Aug	Run	Hammer-time interval sets	11am	1hr	£2	Graves Park, Meadowhead – Charles Ashmore Rd Car Park.	Running gear	Yes	"Ice Breaker" (all newbies welcome too) session for all abilities (as easy or as hard as you want it).
2	Sunday	26-Aug	Bike	Novice Bike Skills Session	11am	2hrs	£3	Hathersage Station (riding to Abney)	Bike & cycling kit inc. helmet	Yes	Essential bike techniques for NOVICE triathletes.
3	Saturday	1-Sept	Open Water Swimming	Novice training & advice	8.30am	1.25hrs	£3 payable to STC	Rother Valley opposite bank to boat house !	Wetsuit	No	"Coach in the water" working with athletes on open water basics.
4	Sunday	2-Sept	Bike	Advanced Novice & Intermediate Group Training Ride	10am	3hrs	Nil	Hathersage Station – 35/40 mile ride in Derbyshire	Bike & cycling kit inc. helmet	Yes	Moderately hard ride aimed at intermediates with a full season behind them.
5	Saturday	8-Sept	Run	Supanova Handicap Challenge	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Key session for advanced novice and intermediates
6	Sunday	9-Sept	Bike	Novice Bike Skills Session	11am	2hrs	£3	Hathersage Station (riding to Castleton)	Bike & cycling kit inc. helmet	Yes	Essential bike techniques for NOVICE triathletes.
7	Saturday	22-Sept	Run-Bike-Run	Duathlon Run 1.5k/Bike 16k/Run 1.5k Handicap Training Race	10am	1.25hrs	£3	Fairholmes Car Park – Derwent Valley	Run & Bike Gear inc. helmet	Yes	Open to all abilities...challenge yourself against other TNTrs.
8	Saturday	29-Sept	Run	10k Pace Judgement Group Run	11am	1hr	£2	Esporta – Archer Rd S8	Running gear	Yes	Groups out at 55min, 50min and 45mins predicted pacing(not time trial).
9	Saturday & Sunday	6&7 Oct	Training Camp	Blue Kite2 for Advanced Novice & Intermediates – powered by triathloncamp.co.uk	14 athletes/ 3 BTA Coaches	2 days	£50 coaching fees plus £45 B&B	Scarborough, North Yorks	All tri/training gear inc wetsuit and helmet.	Email for details places available.	Tnts fourth training triathloncamp...26 athletes have taken part..ensure you 'prepare to race'.
10	Saturday	20-Oct	Run	Easy Slopes	11am	1hr	£2	Graves Park, Meadowhead – Charles Ashmore Rd Car Park.	Running gear	Yes	Don't be fooled by the name!...testing session for all abilities.
11	Sunday	21-Oct	Bike	Advanced Novice & Intermediate Group Training Ride	10am	3hrs	Nil	Bridge Inn at Calver A623(at foot of Curbar) – 35/40 mile ride in Derbyshire	Bike & cycling kit inc. helmet	Yes	Moderately hard ride aimed at intermediates with a full season behind them.
12	Saturday	27-Oct	Run	Long sustained efforts	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Real quality session for all abilities. Prepare to work hard.
13	Saturday	3-Nov	Run	Esporta 10k Time Trial – setting off at 60,55,50,47,45,42,40 min (predicted times)	11am	1.25hrs	£3	Esporta – Archer Rd S8	Running gear	Yes	Fabulous workout with 4 weeks to Percy Pud 10k...gauge your form. All abilities welcome.