

**RacingTNT coaching and training sessions**

led by Matt Norris Nov &amp; Dec 2007

RacingTNT is a registered British Triathlon Federation Team

active in the Sheffield, Chesterfield &amp; Peak District

See **NEW RacingTNT Club FORUM** on home page [www.novicecoaching.com](http://www.novicecoaching.com)

Session/ Races	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Meeting Point	Equipment	Café After	Coaches Comments
1	Saturday	3-Nov	Run	Esporta 10k Time Trial – setting off at 60,55,50,47,45,42,40 min (predicted times)	11.00am	1.25hrs	£3	Esporta Sheffield – Archer Rd S8	Running gear	Yes	Fabulous workout with 4 weeks to Percy Pud 10k...gauge your form. All abilities welcome.
2	Saturday	10-Nov	Run	Abbey800 – suitable for sub 60 min 10k-rs	11.00am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/med level road and woodland run, with a testing up hill 800m speed set.
3	Sunday	11-Nov	Road Bike	Guided Ride' through the Peak District 35/40 miles (group stays together)	10.00am	3hrs	£2	The 'Outside' Cafe, Calver (on the cross roads)	Road bike & cycling kit inc. helmet	Yes	Coach & experienced team leader will lead group ride at advanced novice and intermediate level
4	Saturday	17-Nov	Run	Supanova – suitable for sub 60 min 10k-rs	11.00am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/med level road and woodland run, with a testing up hill 1200m speed set.
5	Sunday	18-Nov	Road Bike	Guided Ride' through the Peak District 35/40 miles (group stays together)	10.00am	3hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Coach & experienced team leader will lead group ride at advanced novice and intermediate level
6	Saturday	1-Dec	NEW...Discover Triathlon - Open Discussion	Meet the RacingTNT coaches and section team leaders.	10am-1pm	3hrs	Free	Esporta coffee area– Archer Rd Sheffield 8	Lots of Questions	Yes	Novice & intermediate opportunity to drop in and discuss your triathlon ambitions.
7	Sunday	2-Dec	Run	Percy Pud 10k race This race is fully booked.(38 applied through RacingTNT).	9.30am	Your pb!	n/a	At the start line	Running gear	No	Coach leading sub 40 group this year (have done 50, and 45 last two years)
8	Wednesday	5-Dec	NEW... Nutrition	Professional advice for everyday living... "Eating Your Way To Health" Seminar	7.00pm	2hrs aprox	Free	Esporta meeting room Archer Rd Sheffield 8	Email me to reserve a place (30) FCFS	Yes	Expert Anne-Marie Fletcher of Sheffield-Nutrition will advise the team.
9	Saturday	8-Dec	Run	Rollercoaster – suitable for sub 60 mins 10k-rs.	11.00am	1hr	£2	Millhouses Cafe	Running gear	Yes	Hold on tight! Easy/ med pace woodland run with a scary little speed set for fun...
10	Sunday	9-Dec	NEW... Mountain Bike	Two separate group rides set off from same venue	9.30am	2.5hrs	£2	Woodbine Cafe on the Hope Main Road	MTB gear, helmet is compulsory!	Oh yes	First RacingTNT MTB session..split novice and intermediate group rides
11	Saturday	22-Dec	Run	Christmas Fun Run	11.00am	1hr	Free	Millhouses Cafe	FANCY DRESS running gear..no excuses!	Yes... more cake	Very easy, fun run through woodland & park plus Millhouses mile chase in fancy dress!!
12	Sunday	23-Dec	NEW... Mountain Bike	Two separate group rides set off from same venue	9.30am	2.5hrs	£2	Fairholmes Car Park, Derwent Valley	MTB gear, helmet is compulsory!	Yes	Second RacingTNT MTB session..split novice and intermediate group rides
13	Saturday	29-Dec	NEW... Run	The 'Beast' (& Baby Beast) Hard off road sub 50 min 10k-rs	11.00am	1hr	£2	King Ecgbert school entrance Totley Brook Rd, S17	Running gear	No	Cross country and fell run aimed at advance novice and intermediate endurance work
14	Sunday	30-Dec	Road & Mountain Bikes	RacingTNT Festive Soup & Mince Pie Ride ( last year got 25 riders..lets beat that!)	10.00am	2.5hrs	Free	Hathersage Station car Park	Road Bike, MTB cycle gear and helmet	Hather-sage Pool Cafe Booked for Light Lunch	Absolute must do ride..great team spirit and suits ALL abilities. Very relaxed pace.