

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

Champions League & Premiership **POWER SERIES**

Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
Saturday	02-July	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	03-July	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs-Cromford Mills	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level
Tuesday	05-July	Track Running	Quality Speed Work	7pm	1hr	£3	Mount St Marys College Spinkhill S21 (nr Eckington)	Running gear	No	RacingTNT squad training at this UKA track facility.(Car share use RacingTNT forum)
Wednesday	06-July	River swim	If new to this session please call matt for details! 07704 857448	6.30pm	1hr	£2	Calver/Froggatt	Wetsuit	No	Advanced novice and intermediate session in cold, fresh water!
Thursday	07-July	Ladies Road Bike	Ideal for group skills	6.30pm	2hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	09-July	hrs	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	10-July	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs-Longnor	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level
Thursday	14-July	Pool swim.	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details... more sessions booked at this venue
Saturday	16-July	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	17-July	Look for the OMG!	No official ride							Coach supporting RacingTNT Team at Hathersage Hilly Tri
Tuesday	19-July	Track Running	Quality Speed Work	7pm	1hr	£3	Mount St Marys College Spinkhill S21 (nr Eckington)	Running gear	No	RacingTNT squad training at this UKA track facility.(Car share use RacingTNT forum)
Thursday	21-July	Ladies Road Bike	Ideal for group skills	6.30pm	2hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	23-July	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	24-July	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs-Creswell Crags	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level
Thursday	28-July	Pool swim.	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details...more sessions booked at this venue
Saturday	30-July	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	31-July	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs-Chapel-en-le-frith	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level
Tuesday	02-Aug	Track Running	Quality Speed Work	7pm	1hr	£3	Mount St Marys College Spinkhill S21 (nr Eckington)	Running gear	No	RacingTNT squad training at this UKA track facility.(Car share use RacingTNT forum)
Wednesday	03-Aug	River swim	If new to this session please call matt for details! 07704 857448	6.30pm	1hr	£2	Calver/Froggatt	Wetsuit	No	Advanced novice and intermediate session in cold, fresh water!
Thursday	04-Aug	Ladies Road Bike	Ideal for group skills	6.30pm	2hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	06-Aug	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	07-Aug	Road Bike	Guided Ride' through Derbyshire 45 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	4hrs-Bolsover Castle	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level
Thursday	11-Aug	Pool swim.	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details...nine more sessions booked at this venue
Friday Evening	12-Aug	Ultimate Social... Camping!	At Tyram Lakes yes – the open water venue!	From 6pm	All night	tbc	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Clean underwear and tooth brush	Bring beer BBQs and food	Join TNTrs in a night of fun, games & beer! BBQ and TNT "dance off" 2011
Saturday	13-Aug	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	14-Aug	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs-Buxton	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level
Tuesday	16-Aug	Track Running	Quality Speed Work Mount St Marys Golden Mile	7pm	1hr	£3	Mount St Marys College Spinkhill S21 (nr Eckington)	Running gear	No	RacingTNT squad training at this UKA track facility.(Car share use RacingTNT forum)
Thursday	18-Aug	Ladies Road Bike	Ideal for group skills. LAST ONE THIS YEAR	NEW TIME 6pm	2hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	20-Aug	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	21-Aug	Road Bike	Guided Ride' through the Peak District 50 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs-Monyash	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level
Thursday	25-Aug	Pool swim	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details... more sessions booked at this venue
Saturday	27-Aug	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	28-Aug	CHARITY Road Bike – see club forum enviro section	Charity Guided Ride' through the Peaks 60-100km (ability groups stays together) av speed 13-15 mph and 17-20mph in top group	10am	10 till 5pm !	£10 all for Friends of the Peak District (60 this year)	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes, lots. Plus lunch	Highly experienced team leaders will lead group rides at advanced novice and intermediate level - PLEASE support this FPD Event £510 raised in 2010!
Tuesday	30-Aug	Track Running	Quality Speed Work	7pm	1hr	£3	Mount St Marys College Spinkhill S21 (nr Eckington)	Running gear	No	RacingTNT squad training at this UKA track facility.(Car share use RacingTNT forum)
Saturday	03-Sept	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	04-Sept	Road Bike	Guided Ride' through the Peak District 50 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs-Ashover	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at advanced novice and intermediate level