

August-September 2010

RacingTNT is a registered British Tri Federation Team
See **RacingTNT Club FORUM** on home page www.novicecoaching.com

Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
Sunday	01-Aug	Road Bike	Guided Ride' through the Peak District 35 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3.5hrs - Longnor	£2	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes- on route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Tuesday	03-Aug	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.
Thursday	05-Aug	Ladies Bike Training	Easy/moderate paced ride with guidance	6.30pm	1.5hrs	£1	Millstone PH car park, Hathersage	Road bike & cycling kit inc. helmet	Yes, meal at the pub	It does not get any easier! Simple, enjoyable riding.
Saturday	07-Aug	OPEN WATER SWIM	Coach in the water with athletes	8am-10am	1hr in water at 08.30	£3	River Derwent wild water swim - see forum for exact location (cold water!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices and intermediates are guided through essential drills and skills for open water success
Sunday	08-Aug	Road Bike	Guided Ride' through the Peak District 35 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs - Cromford Mill	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes- on route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Thursday	12-Aug	Pool swim	Coached swim - split lane abilities	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details...every fortnight to 09 September- FULL pool at this venue
Saturday	14-Aug	OPEN WATER SWIM	Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£3	Tyram Lakes nr Hatfield Woodhouse, Doncaster - see forum for exact location	wetsuit	Yes	LOOK FOR THE ORANGE TEAM...Novices and intermediates are guided through essential drills and skills for open water success
Saturday	14-Aug	SOCIAL	Trip to Cleethorpes :-)	11.30	All day				Fish & Chips!	Travelling to the seaside after the open water session or join us there!
Sunday	15-Aug	Road Bike	Guided Ride' through the Peak District 35 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	4hr- Ashover	£2	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes- on route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Tuesday	17-Aug	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.
Thursday	19-Aug	Ladies Bike Training	Easy/moderate paced ride with guidance	6pm NEW TIME!	1.5hrs	£1	Millstone PH car park, Hathersage	Road bike & cycling kit inc. helmet	Yes, meal at the pub	It does not get any easier! Simple, enjoyable riding.
Saturday	21-Aug	OPEN WATER SWIM	Coach in the water with athletes	8am-10am	1hr in water at 08.30	£3	River Derwent wild water swim - see forum for exact location (cold water!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices and intermediates are guided through essential drills and skills for open water success
Sunday	22-Aug		No club ride planned - see forum for what's out there							
Thursday	26-Aug	Pool swim	Coached swim - split lane abilities	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details...every fortnight to 09 September- FULL pool at this venue
Saturday	28-Aug	OPEN WATER SWIM	PROFUEL Champions League and Premiership POWER event (Race 1of 2) 400m o/w swim and 5k run race	8am-10am	1hr in water at 08.30	£3	Tyram Lakes nr Hatfield Woodhouse, Doncaster - see forum for exact location	wetsuit	Yes	LOOK FOR THE ORANGE TEAM...Novices and intermediates are guided through essential drills and skills for open water success
Sunday	29-Aug	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 - Hartington	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes- on route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Tuesday	31-Aug	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.
Thursday	02-Sept	Ladies Bike Training	Easy/moderate paced ride with guidance	6pm NEW TIME!	1.5hrs	£1	Millstone PH car park, Hathersage	Road bike & cycling kit inc. helmet	Yes, meal at the pub	It does not get any easier! Simple, enjoyable riding.
Saturday	04-Sept	OPEN WATER SWIM	Coach in the water with athletes	8am-10am	1hr in water at 08.30	£3	River Derwent wild water swim - see forum for exact location (cold water!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices and intermediates are guided through essential drills and skills for open water success
Sunday	05-Sept	Sheffield 10k	See forum							No session planned
Thursday	09-Sept	Pool swim- LAST ONE for 2010	Coached swim - split lane abilities	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	FULL POOL booked with the RacingTNT squad using all four lanes
Saturday	11-Sept	OPEN WATER SWIM	PROFUEL Champions League and Premiership POWER event (Race 2of 2) 400m o/w swim and 5k run race	8am-10am	1hr in water at 08.30	£3	Tyram Lakes nr Hatfield Woodhouse, Doncaster - see forum for exact location	wetsuit	Yes	LOOK FOR THE ORANGE TEAM...Novices and intermediates are guided through essential drills and skills for open water success
Sunday	12-Sept	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	4hrs - Carsington Water	£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
Tuesday	14-Sept	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.
Thursday	16-Sept	Ladies Bike Training- Last One for 2010	Easy/moderate paced ride with guidance	5.30pm NEW TIME!	1.5hrs	£1	Millstone PH car park, Hathersage	Road bike & cycling kit inc. helmet	Yes, meal at the pub	It does not get any easier! Simple, enjoyable riding.
Saturday	18-Sept	OPEN WATER SWIM	Coach in the water with athletes	8am-10am	1hr in water at 08.30	£3	River Derwent wild water swim - see forum for exact location (cold water!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices and intermediates are guided through essential drills and skills for open water success
Sunday	19-Sept	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 -Barlow and Holymoorside	£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
Saturday & Sunday	25-26 Sept	BLUE KITE V	Triathlon training camp	Almost FULL...	Call Matt Norris 07704 857448	£50 B&B	£50 coaching fees	Full kit list issued	Oh yessie, meals out. Great social, karaoke	Train with RacingTNT in Scarborough, N.Yorks. Fifth year of this highly successful training camp.
Tuesday	28-Sept	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.