

December 2010 - January 2011

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

| Day | Date | Discipline | Content | Session Start Time | Approx Duration | Price | Venue/Meeting Point | Equipment | Café After | Coaches Comments |
|----------|--------|---------------|---|--------------------|-----------------|-------|---|--|--|--|
| Saturday | 4-Dec | Run | Winter wonderland tour | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Easy interval sets, with gentle recovery run on paths and tracks |
| Sunday | 5-Dec | Run | Percy Pud 10k Race. This race is fully booked. . | 09.30am | Your pb ! | n/a | At the start line | Running gear | Yes/meet at Admiral Rodney Pub near finish line | RacingTNT will be one of the biggest team entry on the day." Determine Your destiny" with us |
| Tuesday | 7-Dec | Track Running | Quality Speed Work – highly recommended for ALL abilities | 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 | 11-Dec | Run | Fartlek Fun | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Mixed ability group running through woodland tracks |
| Sunday | 12-Dec | Mountain Bike | Two separate group rides set off from same venue | 9.30am | 2-3hrs | £2 | Fairholmes Car Park, Derwent Valley | MTB gear, helmet is compulsory! | Optional | RacingTNT MTB session..split novice (matt norris) and intermediate(rob or rich) group rides |
| Saturday | 18-Dec | Run | Christmas Fancy Dress Fun Run | 11am | 1hr | Free | Millhouses Cafe | FANCY DRESS running gear..no excuses! | Xmas social hot mince pies & choc cake! | Very easy, fun run through woodland and park..plus Millhouses mile chase in fancy dress!! (optional) |
| Sunday | 19-Dec | Mountain Bike | Two separate group rides set off from same venue | 9.30am | 2-3hrs | £2 | Hope , car park opp. Woodbine Cafe on main road. | MTB gear, helmet is compulsory! | Yes | RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides |
| Monday | 27-Dec | Run | "Fat fighters" blow out | 09.30am | 1hr 20-50mins | Free | Fairholmes Car Park, Derwent Valley | Running gear | Yes | Burn off 300+ calcs per hour on this six or ten mile route |
| Sunday | 2-Jan | Mountain Bike | Two separate group rides set off from same venue | 9.30am | 2-3hrs | £2 | Hunters Bar – Endcliffe Park entrance | MTB gear, helmet is compulsory! | No | RacingTNT MTB session..split novice (matt norris) and intermediate(rob or rich) group rides |
| Saturday | 8-Jan | Run | Crusader Challenge-FUN EVENT. All abilities welcome. | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Exciting 'pairs' event. Just turn up and coaching team will select pairings for this mini endurance fun event. |
| Sunday | 9-Jan | Mountain Bike | Two separate group rides set off from same venue | 9.30am | 2-3hrs | £2 | Hope , car park opp. Woodbine Cafe on main road. | MTB gear, helmet is compulsory! | Yes | RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides |
| Saturday | 15-Jan | Run | The 'Beast' (& Baby Beast) off road sub 60 min 10k-rs | 11am | 1hr | £2 | King Ecgbert school entrance Totley Brook Rd, S17 | Off road running gear | No | Cross country and fell run aimed at advanced novice and intermediate endurance work |
| Sunday | 16-Jan | Mountain Bike | Two separate group rides set off from same venue | 09.30am | 2-3hrs | £2 | Hathersage Station Car Park | MTB gear, helmet is compulsory! | Yes | RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides |
| Saturday | 22-Jan | Run | Meganova | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Testing endurance interval set with easy paced recovery run |
| Sunday | 23-Jan | Mountain Bike | Two separate group rides set off from same venue | 9.30am | 2-3hrs | £2 | Hope , car park opp. Woodbine Cafe on main road. | MTB gear, helmet is compulsory! | Yes | RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides |
| Saturday | 29-Jan | Run | Abbey800 | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Quick interval set with easy paced recovery running |
| Sunday | 30-Jan | Mountain Bike | Two separate group rides set off from same venue | 9.30am | 2-3hrs | £2 | Hope , car park opp. Woodbine Cafe on main road. | MTB gear, helmet is compulsory! | Yes | RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides |