

RacingTNT coaching and training sessions led by Matt Norris

Feb, March and April 2011

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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

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Session	Day	Date	Discipline	Content	Session Start	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments	
	Saturday	12-Feb	Run	Supanova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/ med level road and woodland run, with testing up hill 1200m speed set	
	Sunday	13-Feb	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!	No	RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides	
	Tuesday	15-Feb	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	19-Feb	Run	Hammer-time	11am	1hr	£2	Graves Park-Charles Ashmore Rd (car park) nr tennis courts Meadowhead	Running gear	Yes	Real quality endurance speed work for ALL abilities, with good easy recovery	
	Sunday	20-Feb	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	26-Feb	Run	Pyramids' in the Park	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Classic intervals for ALL abilities	
	Sunday	27-Feb	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	
	Tuesday	1-March	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	5-March	Run	Long Sustained Efforts	11am'	1hr	£2	Millhouses Cafe	Running gear	Yes	True test of staying power – key to improvement	
	Sunday	6-March	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	12-March	Run	Meganova	11am'	1hr	£2	Millhouses Cafe	Running gear	Yes	A high tempo speed hill climb with easy recovery – prepare to race	
	Sunday	13-March	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	
	Tuesday	15-March	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	19-March	Run	Pyramids' in the Park	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Classic intervals for ALL abilities	
Race volunteers required...can you help?	Sunday, Matt is marshalling	20-March	Run(RACE)	Dronfield 10k road race. If you aren't racing, can you volunteer. Speak to Matt Norris NOW!	10am			Outside 'Jolly Farmer PH' at 09.50	Running gear	No	Race for RacingTNT at this popular local 10k race- enter NOW!	
	Saturday	26-March	Run	Supanova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/ med level road and woodland run, with testing up hill 1200m speed set	
Clocks go forward!	Sunday	27-March	We're back...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	29-March	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	02-April	Run	Shakermaker	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/ med level woodland run	
	Sunday	03-April	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-Matlock	£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	07-April	FIRST 2011 – Pool swim. New venue!!!	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details..twelve more sessions booked at this venue	
	Saturday - Saturday	09-16 April	Triathlon Training Camp	RacingTNT head out to Majorca for Black Hawk IV training camp. Talk to matt norris or jon middlebrooke				See club forum	Road bike hire available!		Grab this wonderful early season opportunity to 'warm weather' train with RacingTNT. Join the athletes committed.	
	Sunday	17-April		No session							Get on forum and see what's happening. Coach flies back to UK	
	Thursday	21-April	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	23-April	Run	Abbey800	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/ med level road and woodland run, with testing up hill 800m speed set	
	Sunday	24-April	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-Mam Tor and beyond!	£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	
New Race	Sunday	24-April	Run	Graves Easter Dash				Graves Park- New 5 Mile race!			www.graveseasterdash.co.uk	
	Tuesday	26-April	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)	
See forum	Friday Night	29-April	Social	Night at the Dogs	7.00pm	All Night!		Owlerton S6	Casual	Beer	Come and 'ave some fun!	
	Saturday	30-April	THIS MEET IS NOW CANCELLED - SEE FORUM FOR MORE DETAILS		45.42	11am	1hr	£2	Espora Sheffield – Archer Rd S8	Running gear	Yes	Very popular session aimed at all abilities capable of running 10k. Gauge your form against other TNTs.
	Sunday	01-May	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-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	