

No	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching	Venue/Meeting Point	Equipment	Café After*	Coaches Comments
1	Friday	08-Jan	Swim 1 of 2	Pool swim coaching	18.30pm	1hr	£5.00	Goodwin S10 University pool	Swim gear	No	Back by popular demand! Coach demonstrates how to run the
2	Saturday	09-Jan	Run	Supanova – woodland track run	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	'nova and improve your pb's
3	Sunday	10-Jan	MTB								Postposed for safety reasons...see forum
4	Friday	15-Jan	Swim 2 of 2	Pool swim coaching	18.30pm	1hr	£5.00	Goodwin S10 University pool	Swim gear	No	Back by popular demand!
5	Saturday	06-Feb	Run	10 mile endurance run	10am	1.20-1.50	Free	Fairholmes Car Park, Derwent Valley	Running gear	Yes	Handicapped group run with 1.50, 1.30 and 1.20 groups. No excuses!
6	Sunday	07-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 rd.	MTB gear, helmet is compulsory!	Yes	RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides
7	Thursday	11-Feb	Core stability personal training	Core fitness and advice.	7.30pm	1hr	£5	Beauchief Baptist Church, Hutcliffe Wood Rd Sheff 8	Tracksuit	No	Unbelievable value - Personal training for a fiver!
8	Saturday	13-Feb	Run	Rollercoaster-	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Good endurance speed work for all abilities. Easy recovery with interval work
9	Tuesday	16-Feb	Track Running	Pure 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)
10	Saturday	20-Feb	Run	Abbey800	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Hilly interval challenge for members serious about improving!
11	Thursday	25-Feb	Core stability personal training	Core fitness and advice	7.30pm	1hr	£5	Beauchief Baptist Church, Hutcliffe Wood Rd Sheff 8	Tracksuit	No	Unbelievable value - Personal training for a fiver!
12	Saturday	27-Feb	Run	Beast & Baby Beast	11am	1hr 15mins	£2	King Egkburts School, Tootley Brook Road	Running gear	No	X-country fell run, with monster climb. No wimps please! Muddy.
13	Sunday	28-Feb	Mountain Bike	Two separate group rides set off from same venue	9.30am	2-3hrs	£2	Hathersage Station Car Park	MTB gear, helmet is compulsory!	No	RacingTNT MTB session..split novice (matt norris) and intermediate(rob scarpello) group rides
14	Tuesday	02-March	Track Running	Pure 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)
15	Saturday	06-March	Run	Long Sustained Efforts	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Don't turn up if you at all concerned that you might improve your running!
16	Sunday	07-March	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 scarpello) group rides