

Session	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
It's back.. the Saturday morning run!	Saturday (15 attended)	07-Jan	Run	Group run. Woodland run with short interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe	Suitable run gear and run specific trainers	Yes	Rocket Run...Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
It's back..... MTB!!	Sunday- fab turnout!	08-Jan	MTB	Mountain Bike ride in Derwent Valley	10'am	2-3hrs	£2	Hope Car Park	MTB gear	Yes	Dambusters Ride...novice & intermediate levels. Good winter training.
	Saturday – winter wonderland	14-Jan	Run	Group run. Woodland run with short interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe	Suitable run gear and running specific trainers	Yes	Supanova... Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
	Sunday. 12 rode, best MTB ever!!	15-Jan	MTB	Mountain Bike ride in Peak District	10'am	2-3hrs	£2	Carlton Lees	MTB gear	Yes	Monsal Ride...novice & intermediate levels. Good winter training.
Racing TNT 2012 Kit launch	Saturday	21-Jan	Run	Group run. Woodland run with short interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe	Suitable run gear and running specific trainers	Yes	R-1 .. Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
Racing TNT 2012 Kit launch	Sunday	22-Jan	Pool swim.	Coached swim	5pm	1hr	£5	Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	Yes Sunday 5-6pm !!See forum for full details... more sessions booked at this venue
Racing TNT 2012 Kit launch – fantastic response!	Saturday	28-Jan	Run	Group run. Woodland run with short interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe	Suitable run gear and running specific trainers	Yes	M-X .. Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
	Saturday	04-Feb	Run	Group run. FELL run. Not easy, but suitable for sub 60 mins 10krs! Wet Muddy.	11'am	1hr	£2	King Egbert School, Toley Brook Rd, S17 3QU	Suitable run gear and run specific trainers (old muddy, fell)	Yes	Beast and Baby Beast...Coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
	Sunday	05-Feb	Pool swim.	Coached swim	5pm	1hr	£5	Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	Yes Sunday 5-6pm !!See forum for full details... more sessions booked at this venue
2012 TRACK Starts NOW!!	Tuesday	07-Feb	Track Running	Quality Speed Work – two qualified coaches	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-Feb	Run	Group run. Woodland run with short interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe			Pyramids ...Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
	Saturday	18-Feb	Run	Group run. Woodland run with long interval set to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe			Meganova ...Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
	Sunday	19-Feb	Pool swim.	Coached swim	5pm	1hr	£5	Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	Yes Sunday 5-6pm !!See forum for full details... more sessions booked at this venue in 2012
	Tuesday	21-Feb	Track Running	Quality Speed Work – two qualified coaches	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	25-Feb	Run	Group run. Woodland run with short interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe			Abbey800..Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
	Sunday	26-Feb	MTB	Mountain Bike ride in Peak District	10'am	2-3hrs	£2	Check Forum for meeting point	MTB gear	Yes	Adv. novice and intermediate ability ride with team leaders.
	Saturday	03-March	Run	Group run. Park run with interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe			Long sustained efforts..Experienced coach and team leaders leading the way for all abilities (under 60 min 10k pace.)
	Sunday	04-March	Pool swim.	Coached swim	5pm	1hr	£5	Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	Yes Sunday 5-6pm !!See forum for full details... more sessions booked at this venue
	Tuesday	06-March	Track Running	Quality Speed Work – two qualified coaches	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)