

RacingTNT coaching and training sessions

led by Matt Norris March-April 2008

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

| Session/ Races | Day | Date | Discipline | Content | Session Start Time | Approx Duration | Price | Venue/Meeting Point | Equipment | Café After | Coaches Comments |
|-------------------|----------------------|-------------------|---|--|-----------------------|--------------------|------------------------------------|---|---|---------------|---|
| 1 | Saturday | 1-Mar | Run | Hammer-time Interval Sets | 11am | 1hr | £2 | Graves Park Meadowhead- Charles Ashmore Rd Car Pk | Running gear | Yes | "Early season ice breaker" session suitable for athletes of all abilities |
| 2 | Sunday | 2-Mar | MTB | On and off road guided ride split into ability groups with team leaders | 10am | 3hrs | £2 | Woodbine Cafe on the Hope Main Road | MTB gear, helmet is compulsory! | Yes | RacingTNT MTB session..split novice and intermediate group rides |
| 3 | Saturday | 8-Mar | Run | NEW SESSION FOR 2008- "The Super G" | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Based on the downhill "Super G" slalom in skiing. This will test your descending skills to the max! |
| 4 | Sunday | 9-Mar | Road Bike | Guided Ride' through the Peak District 35/40 miles (group stays together) | 11am | 3hrs | £2 | Hathersage Station car Park | Road bike & cycling kit inc. helmet | Yes | Experienced team leader will lead group ride at advanced novice and intermediate level |
| 5 | Saturday | 15-Mar | Run | Pyramid interval sets | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Simple introduction to speed sets suitable for all abilities. If you are unable to change pace this workout is for you. |
| 6 | Sunday | 16-Mar | RacingTNT Race Day at Dronfield 10k road race | British Tri Fed RacingTNT are represented at this local 10k race. Come and race here for us. | 11am | | | Meet outside the front entrance of Jolly Farmer PH (and at the finish line) | Running gear and positive attitude | No | This is a fairly hard undulating 10k test. Two circuits (just like the Grand National!) Caution first lap, then head for home. |
| 7 | Saturday | 22-Mar | Run | NEW SESSION FOR 2008- "The Meganova" | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | This is the toughest session ever created for RacingTNT...step up for the challenge |
| 8 | Saturday to Saturday | 29-Mar to 5-April | Triathlon Training Camp | Fully coached triathlon camp in Majorca. Join the Black Hawk squad | | 1week | £25 per day fees + Hotel & Flights | Fourth triathlon camp RacingTNT has organised. First overseas. | Email me or Jon Middlebrooke to reserve a place | | Open water swimming, road biking, run and T1+T2 sessions. Nine athletes already confirmed(five places left) |
| 9 | Saturday | 12-April | Run | The 'Beast' (& Baby Beast) Moderate off road sub 50 min 10k-rs | 11am | 1hr | £2 | King Ecgbert school entrance Totley Brook Rd, S17 | Running gear | No | Cross country and fell run aimed at advance novice and intermediate endurance work |
| 10 | Sunday | 13-April | Peak District Day Camp | NEW SESSION FOR 2008- Novice (& advanced novice) Triathlon Camp. Booking is essential. | Tbc | Full day | £25 per day fees | Hathersage Pool Cafe | All triathlon gear | Yes | Tuition inc. lane swim coaching, novice bike, run and transition skills (Intermediates...More day camps coming in May & June!) |
| 11 | Saturday | 19-April | Run | Esporta 10k road running time-trial. Setting off at 60,55,50 47,45,42 and 40 min predicted time handicap | 11am | 1hr | £3 | Esporta Sheffield – Archer Rd S8 | Running gear | Yes | Very popular session aimed at all abilities capable of running 10k. Gauge your form against other TNTrs. |
| 12 | Sunday | 20-April | Road Bike | Guided Ride' through the Peak District 35/40 miles (group stays together) | 10am | 3hrs | £2 | Hathersage Station car Park | Road bike & cycling kit inc. helmet | Yes | Experienced team leader will lead group ride at advanced novice and intermediate levels |
| 13 | Saturday | 26-April | Run | Long sustained efforts | 11am | 1hr | £2 | Millhouses Cafe | Running gear | Yes | Excellent motivating session to force the best out of you on race days |
| 14 | Sunday | 27-April | | RacingTNT Race Day at Sheffield Half Marathon | | | | | | | See 'Forum' for more details and contact John Jones 'Running' Team Leader |