

# RacingTNT coaching and training sessions led by Matt Norris

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**Determine your destiny....today**

March and April 2010

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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

Session	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
Awesome	Saturday	06-March	Run	Long sustained efforts	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	A true test of pace and speed judgement
What a day... sun & great training!	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
Use it...or loose it.	Thursday	11-March	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!
	Saturday	13-March	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	14-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	16-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	20-March	Run	Pyramids' in the Park	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Classic intervals for ALL abilities
Wear club vest with pride!	Sunday	21-March	Run(RACE)	Dronfield 10k road race	10am			Outside 'Jolly Farmer PH' at 09.50	Running gear	No	Race for RacingTNT at this popular local 10k race- enter NOW!
Use it...or loose it.	Thursday	25-March	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!
	Saturday	27-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	28-March	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
	Tuesday	30-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	03-April	Run	New Easter Egg Chase	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/ med level woodland run, with spot prizes
	Sunday	04-April		No session							Easter Sunday – remember your friends and family!
	Thursday	08-April	FIRST 2010 – Pool swim	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details..eleven more sessions booked at this venue
	Saturday - Saturday	10-17 April	Triathlon Training Camp	RacingTNT head out to Majorca for Black Hawk III 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	18-April		No session							Get on forum and see what's happening. Coach flies back to UK
	Thursday	22-April	Pool swim	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details.. more sessions booked at this venue
	Saturday	24-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	25-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-Tideswell	£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	27-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)
Use it...or loose it.	Thursday	29-April	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!
See forum	Friday Night	30-April	Social	Night at the Dogs	7.00pm	All Night!		Owlerton S6	Casual	Beer	Come and 'ave some fun!