

RacingTNT coaching and training sessions led by Matt Norris

May and June 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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Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
Thursday	05-May	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...nine more sessions booked at this venue
Saturday	07-May	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	08-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-Harting ton	£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	10-May	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)
Thursday	12-May	Ladies Road Bike	Ideal for group skills	6.30pm	1.5hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	14-May	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	15-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-Manifold Valley	£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	19-May	Pool swim.	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details...nine more sessions booked at this venue
Saturday	21-May	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	22-May		No official ride							See forum
Tuesday	24-May	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)
Thursday	26-May	Ladies Road Bike	Ideal for group skills	6.30pm	1.5hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	28-May	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	29-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-Ashover	£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
Wednesday	01-June	River swim	If new to this session please call matt for details	6.30pm	1hr	£2	Calver/Froggatt	Wetsuit	No	Advanced novice and intermediate session in cold, fresh water!
Thursday	02-June	Pool swim.	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details...nine more sessions booked at this venue
Saturday	04-June	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	05-June	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	07-June	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)
Thursday	09-June	Ladies Road Bike	Ideal for group skills	6.30pm	1.5hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	11-June	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	12-June		Team support		No bike ride!		Rother Valley Triathlon			Coaching team supporting TNTs
Thursday	16-June	Pool swim.	Coached swim	8pm	1hr	£5	NEW VENUE- Graves Tennis & Leisure Centre, Meadowhead Sheffield	Swim gear	No	See forum for full details...nine more sessions booked at this venue
Saturday	18-June	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	19-June	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-Barlow	£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	21-June	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)
Thursday	23-June	Ladies Road Bike	Ideal for group skills	6.30pm	1.5hrs	£2	Millstone PH car park Hathersage	Road bike & cycling kit inc. helmet	Yes, meal	Highly experienced team leaders will lead group ride
Saturday	25-June	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	26-June	Road Bike	Guided Ride' through the Peak District 50 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	4hrs-Carsington	£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	30-June	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	02-July	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	Tyram Lakes Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
Sunday	03-July	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-Cromford Mills	£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