

May and June 2010

RacingTNT is a registered British Tri Federation Team
See **RacingTNT Club FORUM** on home page www.novicecoaching.com

*Open water swim Cancelled. Alternative venue tbc - please see forum for updates

Day	Date	Discipline	Content	Session Start Time	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
Saturday	01-May	Run / 13 attended	Landslide	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	True test of interval running on woodland track ...come and find your fitness level with us
Sunday	02-May	Road Bike/ 12 attended. Av speed 14.5mph	Guided Ride' through the Peak District 35 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs - Edale Fairh'ns, Castleton	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes- on route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Thursday	06-May	Pool swim / 18 attended	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details..every fortnight to September- FULL pool at this venue
Saturday	08-May	Run/ 8 attended	Supernova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Awesome hill, long sustained effort- Suitable for all levels
Sunday	09-May	Road Bike/ 6 attended	Guided Ride' through the Peak District 35 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hr- Monyash	£2	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes- on route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Tuesday	11-May	Track Running	Pyramid and Interval Speed sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
Saturday	15-May	Run	Long sustained efforts	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Real quality intervals through park with team members
Sunday	16-May	Road Bike	Guided Ride' through the Peak District 35 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hr- Stanton-in-Peak "Pig sticking hill"	£2	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Thursday	20-May	Pool swim	Coached swim - split lane abilities	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details..every fortnight to September- FULL pool at this venue
Saturday ..huge day in RacingTNT history	22-May	FIRST 2010 OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley- see forum for exact location (NOT main entrance !)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
Saturday	22-May	2010 - RacingTNT and Sheffrec Road Bike Time Trial Champs	Road Bike Time Trial Race over 10 miles - highly recommended!	see forum for full entry details		Sheffrec to advise entrants. See forum / andy lakeland	Hatfield Doncaster	Road bike, helmet and team gear	Tbc	Associated Partners Sheffrec have invited ALL levels of RacingTNTs to take part in this event
Saturday (and more)	22-May	Velodrome Trip	Manchester Track - call Andy Lakeland 07921 437880	see forum for full entry details		See forum /Andy Lakeland	Manchester	£25 per rider inc bike hire, travel	Tbc	ALL levels of RacingTNTs to take part in this event
Sunday	23-May	Road Bike	Guided Ride' through the Peak District 40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	4hrs - Buxton	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes- on route in Buxton	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Tuesday	25-May	Track Running	Pyramid and Interval Speed sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
Saturday	29-May	OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley- see forum for exact location (NOT main entrance!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
Sunday	30-May	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs - Mam Tor - Chapel-en-le frith	£2	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Thursday	03-Jun	Pool swim	Coached swim - split lane abilities	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	FULL POOL booked with the RacingTNT squad using all four lanes
Saturday	05-Jun	OPEN WATER SWIM CANCELLED*	Champions League and Premiership POWER event (Race 1of 4) 400m o/w swim and 5k run race	8am-10am	In water at 08.30	£2	Rother Valley - sponsored by Profuel	Wetsuit	Yes	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
Sunday	06-Jun	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs - Strines ...very technical and hilly!	£2	Hathersage Station Car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Tuesday	08-Jun	Track Running	Pyramid and Interval Speed sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
Saturday	12-Jun	OPEN WATER SWIM CANCELLED*	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley- see forum for exact location (NOT main entrance!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
Sunday	13-Jun	Road Bike	Guided Ride' through the Peak District 40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	4hrs - Flash highest Pub in Derbys' 520 m	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Thursday	17-Jun	Pool swim	Coached swim - split lane abilities	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	FULL POOL booked with the RacingTNT squad using all four lanes
Saturday	19-Jun	OPEN WATER SWIM CANCELLED*	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley- see forum for exact location (NOT main entrance!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
Sunday	20-Jun	Road Bike	Guided Ride' through the Peak District 40 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	3hrs - Matlock Bath	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
Tuesday	22-Jun	Track Running	Training event. " Mary's Mile" No speed virgins allowed!	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
Saturday	26-Jun	OPEN WATER SWIM CANCELLED*	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley- see forum for exact location (NOT main entrance!)	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
Saturday	26-Jun	SOCIAL	Beer Garden night out	From 7.30pm			Social Sarah(s) in Sheffield			See social page - full details to be listed. Enjoy a great evening out with the orange team!
Sunday	27-Jun		No session planned							See forum
Thursday	01-Jul	Pool swim	Coached swim - split lane abilities	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	FULL POOL booked with the RacingTNT squad using all four lanes
Saturday	03-Jul	OPEN WATER SWIM CANCELLED*	NEW - Champions League and Premiership POWER event (Race 2 of 4) 400m o/w swim and 5k run race	08am -10am	In water at 08.30	£2	Rother Valley - sponsored by Profuel	Wetsuit	Yes	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
Sunday	04-Jul	Road Bike	Guided Ride' through Derbyshire and Notts 45 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	4hrs - Clumber Park, Notts	£2	Coal Aston Village Hall, Eckington Rd, next to Royal Oak PH, Coal Aston	Road bike & cycling kit inc. helmet	Yes on route at Carburton	Highly experienced team leaders will lead group ride at advanced novice and intermediate level