

October-November 2010

RacingTNT is a registered British Tri Federation Team  
See **RacingTNT Club FORUM** on home page [www.novicecoaching.com](http://www.novicecoaching.com)

Day	Date	Discipline	Content	Start	Approx Duration	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
Saturday	02-Oct	Run	Rollercoaster	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy group run (with a little twist & turn section). Do join us.
Sunday	03-Oct	No planned session...			From 07.30					RacingTNT Team at the Humber Sprint Tri. We have a real chance of winning team prize!
Thursday	07-Oct	Pool Swim	Quality sets and coaching	8pm	1hr	£5	New Autumn venue! Graves Leisure Centre, Norton, Sheffield	Swim gear	No	One (of 2) autumn pool swims. Head for the pool (ample parking)...near tennis centre!
Saturday	09-Oct	Run	Pyramids' in the Park	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Classic intervals for ALL abilities
Sunday- calling to support Monsal Hill Climb	10-Oct	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	Millers Dale and Monsal Head approx 3 hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders ride at advanced novice and intermediate level
Tuesday	12-Oct	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement!
Saturday	23-Oct	Run	Supanova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	It's back...the true test of stamina (with easy recovery group running)
Sunday	24-Oct	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	Buxton approx 3.5 hrs	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders ride at advanced novice and intermediate level
Tuesday	26-Oct	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement!
Thursday	28-Oct	Pool Swim	Quality sets and coaching	8pm	1hr	£5	New Autumn venue! Graves Leisure Centre, Norton, Sheffield	Swim gear	No	Two (of 2) autumn pool swims. Head for the pool (ample parking)...near tennis centre!
Saturday	30-Oct	Run	Abbey800	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Intermediate level interval set, with easy recovery run on paths and tracks
ALL MEMBERS... PLEASE SUPPORT THIS EVENT!Sunday	31-Oct	Road Bike	CHARITY Guided Ride' through the Peak District 60k or 100k (ability groups stay together) av speed 13-15mph and 17-20mph in top group.	10am (ALL DAY)	Tour of the Peaks - full support by Friends of the Peak District	£10 - all for charity	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes...10! Various stops throughout the day	Highly experienced team leaders ride at advanced novice and intermediate level. Full support car provided by Charity...please ride in team colours with a twist of halloween!
Saturday	06-Nov	Run	Beast & Baby Beast - moderate off road/trail workout	11am	1hr	£2	King Ecgbert School entrance, Totley Brook Road, S17	Running gear	No	Excellent endurance pace group running (athletes with clean new trainers need not apply)
Sunday	07-Nov	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	Cromford approx 3.5 hrs	£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	09-Nov	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement
Saturday	13-Nov	Run	Esporta 10k road running time-trial. Setting off at 60,55,50 47,45,42 and 40 mins predicted time handicap	11am	1.30hrs	£2	Esporta Sheffield - Archer Road S8	Running gear	Yes	Very popular team session aimed at ALL abilities capable of running 10k. THREE WEEKS before Percy Pud!
THE BIG NIGHT! Saturday	13-Nov	Let 'social sara(h)'s know you are coming to the awards dinner	RACINGTNT CRUSADER AWARDS DINNER. Check forum for nominations for 2010 out w/c 04 Oct.	7.30pm	Late	Three course dinner! £25 includes all drinks too!	Millhouses Bistro Cafe	Something sexy!(that's the blokes)	Come and enjoy a great night out!	75 Places reserved, please support this social... Book NOW! (See Forum posting for who's attending.)
Sunday	14-Nov		No planned ride							Recovery day!
Saturday	20-Nov	Run	Long Sustained Efforts	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Don't turn up if you at all concerned that you might improve your running!
Sunday	21-Nov	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	Barlow, Cutthorpe 3hrs	£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	23-Nov	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement
Saturday	27-Nov	Run	Hammer-time	11am	1hr	£2	Graves Park -Charles Ashmore Rd (Car Park) nr Tennis Courts Meadowhead	Running gear	Yes	Good endurance speed work for all abilities. Call coach if unsure if this is for you!
Sunday	28-Nov	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	Ashover 4hrs	£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