

RacingTNT is a registered British Triathlon Federation Team active in the Sheffield, Chesterfield &amp; 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
Race Day 4 of 4	Saturday – Champions League & PremiershipPOWER SERIES	03-Sept	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	<b>Tyram Lakes</b> Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit (available to hire £5)	Yes	Amazing venue with experienced coach in the water. Full safety back-up. <b>Novice friendly!</b>
	Sunday/ over 20 riders across two ability groups	04-Sept	Road Bike	Guided Ride* through the Peak District 45 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs + <b>Tour of the Peaks</b>	£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	07-Sept	<b>Last 2011 River Swim!</b>	If new to this session please call matt for details! 07704 857448	6pm NEW TIME	1hr	£2	Calver/Froggatt	Wetsuit (available to hire £5)	No	Advanced novice and intermediate session in cold, fresh water!
	Thursday	08-Sept	<b>Pool swim.</b>	Coached swim	8pm	1hr	£5	<b>Graves Tennis &amp; Leisure Centre,</b> Meadowhead Sheffield	Swim gear	No	See forum for full details... more sessions booked at this venue
	Saturday	10-Sept	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	<b>Tyram Lakes</b> Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit (available to hire £5)	Yes	Amazing venue with experienced coach in the water. Full safety back-up. Novice friendly!
<b>NEW! NOB Session!</b> (Novices On Bikes) session	<b>Normal ride for all other members! Sunday</b>	11-Sept	Road Bike	Guided Ride* through the Peak District 25/30 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	2-3hrs- <b>Eyam</b>	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at NOVICE, advanced novice and intermediate level
	Tuesday	13-Sept	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	17-Sept	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	<b>Tyram Lakes</b> Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit (available to hire £5)	Yes	Amazing venue with experienced coach in the water. Full safety back-up. <b>Novice friendly!</b>
	Sunday	18-Sept		No official ride. See forum for latest plans							Buddy up via the forum if it's nice weather!
	Thursday	22-Sept	<b>Pool swim.</b>	Coached swim	8pm	1hr	£5	<b>Graves Tennis &amp; Leisure Centre,</b> Meadowhead Sheffield	Swim gear	No	See forum for full details... more sessions to be booked at this venue!
OMG!!!LAST ONE OF 2011	Saturday	24-Sept	Open water swim	Fresh water lake swim	08.30am start	1hr	£3	<b>Tyram Lakes</b> Bawtry Road A614 Hatfield Woodhouse DN7 6DR	Wetsuit (available to hire £5)	Oh Yes	Amazing venue with experienced coach in the water. Full safety back-up. <b>Novice friendly!</b>
	Sunday	25-Sept	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- <b>Creswell Crags</b>	£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-Sept	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)
ONE place available! (16)	Thurs-Fri-Sat	29 Sept – 01 Oct	Blue Kite VI Training Camp	Triathlon Tri Camp	Coaching team arriving Thursday lunch		Price per session attended this year	<b>Toulson Court Hotel Scarborough</b> <b>YO12 7QZ. £25 B&amp;B</b>	Full kit list needed.		Our sixth year at Scarborough for swimming, biking, running, goal setting and social.
	Sunday	02-Oct	Triathlon Race	Humber Sprint Tri	Loads of TNTs entering this. Are you?						Fantastic novice friendly event. Full coach support on day of race.
It's back..the Saturday morning run!	Saturday	08-Oct	Run	Group run. Woodland run with short interval sets to improve 5k and 10k race times	11'am	1hr	£2	Millhouses Cafe			Experienced coach and team leaders leading the way for <b>all abilities</b> (under 60 min 10k pace.)
<b>NOB Session!</b> (Novices On Bikes) session	<b>Normal ride for all other members! Sunday</b>	09-Oct	Road Bikes	Guided Ride* through the Peak District 25/30 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	2-3hrs- <b>Monsal Head</b>	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at NOVICE, advanced novice and intermediate level
	Tuesday	11-Oct	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	15-Oct	Run	Supanova woodland run	11'am	1hr	£2	Millhouses Cafe			Steady hill climb in ability groups, sub 60 min 10k athletes.
	Sunday	16-Oct	Road Bike	Guided Ride* through Derbyshire 35 miles (ability groups stays together) av speed 13- 15mph and 17-20mph in top group	10am	3hrs- <b>Baslow</b>	£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
	Saturday	22-Oct	Run	Pyramids in the Park	11'am	1hr	£2	Millhouses Cafe			Group run for ALL abilities. Short sets with amazing benefits!
<b>NOB Session!</b> (Novices On Bikes) session	<b>Normal ride for all other members! Sunday</b>	23-Oct	Road Bikes	Guided Ride* through the Peak District 25/30 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	2-3hrs- <b>Hassop Cafe</b>	£2	Hathersage Station car Park	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group rides at NOVICE, advanced novice and intermediate level
	Tuesday	25-Oct	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	29-Oct	Run	Meganova	11'am	1hr	£2	Millhouses Cafe			The ultimate hill run test. Not for the faint hearted!
	Sunday	30-Oct	Road Bike	Guided Ride* through the Peak District 35 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs- <b>Youlgrve</b>	£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
	Saturday	05-Nov	Run	Group run	11'am	1hr	£2	Millhouses Cafe		Yes	Rocket Run 2011
	Sunday	06-Nov	Road Bike	Guided Ride* through Derbyshire 35 miles (ability groups stays 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	Highly experienced team leaders will lead group rides at advanced novice and intermediate level