

No	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Venue/Meeting Point	Equipment	Café After*	Coaches Comments
1	Tuesday	8-Sept	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement!
2	Saturday & Sunday	12-13 Sept	Blue Kite IV Triathlon Training Camp	Nineteen RacingTNT athletes travel to Scarborough for triathlon coaching weekend	FULLY BOOKED!		£50	Scarborough, North Yorks	Too late booked up weeks ago!		RacingTNT's ninth successful training camp in three years with triathloncamp.co.uk
3	Thursday	17-Sept	Pool Swim	Quality sets and coaching	8pm	1hr	£5	Goodwin, University S10	Swim gear	No	Last pool swim !with Team Relay action
4	Saturday	19-Sept	Run	Rollercoaster	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy group run (with a little twist & turn section). Do join us.
5	Sunday	20-Sept	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 Tadd'ton 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
6	Thursday	24-Sept	NEW – Core Stability workout	Learn how to improve power, speed, posture and balance (leading to fewer injuries)	7.30pm / pre-booking essential	1hr	£5	Beauchief Baptist Church Hall, Hutcliffe Wood Rd S8	Gym kit, plus bring your own mat please	No	Book now- text matt norris on 07704 857448 ..US trained PT instructor working with RacingTNT squad
7	Saturday	26- Sept	Run	Supanova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	It's back...the true test of stamina (with easy recovery group running)
8	Sunday	27-Sept	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
9	Tuesday	29-Sept	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement!
10	Saturday	3-Oct	Run	Meganova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Implode...then explode stamina run (with easy recovery group running)
11	Sunday	4-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	Matlock 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
12	Thursday	8-Oct	NEW Core Stability workout	Learn how to improve power, speed, posture and balance (leading to fewer injuries)	7.30pm / pre-booking essential	1hr	£5	Beauchief Baptist Church Hall, Hutcliffe Wood Rd S8	Gym kit, plus bring your own mat please	No	Book now - text matt norris on 07704 857448 ..US trained PT instructor working with RacingTNT squad
13	Saturday	10-oct	Run	Pyramids' in the Park	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Classic intervals for ALL abilities
14	Sunday	11-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	Riding out to support the Monsal Hill Climb event / 3hrs	Free	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
15	Tuesday	13-Oct	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement
16	Saturday	17-Oct	Run	Rollercoaster	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Hold on tight, it's all the fun of the fair..group running session
17	Sunday	18-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	Strindes (very hilly) 3.5hrs	£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
18	Thursday	22-Oct	NEW Core Stability workout	Learn how to improve power, speed, posture and balance (leading to fewer injuries)	7.30pm / pre-booking essential	1hr	£5	Beauchief Baptist Church Hall, Hutcliffe Wood Rd S8	Gym kit, plus bring your own mat please	No	Book now - text matt norris on 07704 857448 ..US trained PT instructor working with RacingTNT squad
19	Saturday	24-Oct	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	£3	Esporta Sheffield - Archer Road S8	Running gear	Yes	Very popular team session aimed at ALL abilities capable of running 10k. SIX WEEKS before Percy Pud!
20	Sunday	25-Oct		No session							
21	Tuesday	27-Oct	Track	Interval sets	7pm	1hr	£3	St Marys Mount College, Spinkhill S21	Running gear	No	Pure quality track work leading to serious improvement
22	Saturday	31-Oct	Run	Beast & Baby Beast – moderate off road/trail workout	11am	1hr	£2	King Egbert School entrance, Totley Brook Road, S17	Running gear	No	Excellent endurance pace group running (athletes with clean new trainers need not apply)
23	Sunday	01-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, chesterf'd 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