



TNT & ITC Coaching and training sessions

Jan - Apr 2007

Coach: Matt Norris
 www.novicecoaching.com
Email: triathlonmatt@btinternet.com
Mobile: 07704 857448

Session / Races	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Meeting Point	Equipment	Café After
1	Saturday	13-Jan	Run	Fartlek	11am	1hr	£ 2.00	Millhouses Park Café	Running gear	Yes
2	Saturday	20-Jan	Run NEW	Hammer-time	11am	1hr	£ 2.00	Graves Park - Golf course, Meadowhead entrance	Running gear	No
3	Saturday	3-Feb	Run	Rollercoaster	11am	1hr	£ 2.00	Millhouses Park Café	Running gear	Yes
4	Saturday	10-Feb	Run	Supanova	11am	1hr	£ 2.00	Millhouses Park Café	Running gear	Yes
5	Saturday	17-Feb	Run	Long sustained efforts	11am	1hr	£ 2.00	Millhouses Park Café	Running gear	Yes
6	Saturday	24-Feb	Run	Esporta 10k road run time trial	11am	1hr	£ 2.00	Esporta Car Park	Running gear	Yes
7	Saturday	3-Mar	Run	Pyramid speed set	11am	1hr	£ 2.00	Millhouses Park Café	Running gear	Yes
8	Sunday	11-Mar	Race	Dronfield 10k					Running gear	
9	Saturday	17-Mar	Run	Easy slopes	11am	1hr	£ 2.00	Graves Park - Golf course, Meadowhead entrance	Running gear	No
10	Sunday	18-Mar	Bike	Bike set up and basic maintenance workshop (inc tyre change practice)	11am	1.5hrs	£ 2.00	Esporta Car Park	Bike & spares	Yes
11	Saturday	24-Mar	Run	Abbey 800	11am	1hr	£ 2.00	Millhouses Park Café	Running gear	Yes
12	Sunday	25-Mar	Race	Wakefield 10k					Running gear	
13	Sunday	1-Apr	Bike	Easy TNT group ride (25-30 miles)	11am	3hrs	£ 2.00	Fox House PH car park	Bike & cycle kit inc. helmet	Yes

Membership of Sheffield Triathlon Club is encouraged but not essential to take part in these sessions. No booking necessary.

Note: All times stated are session start times, please arrive as early as possible.

Coming soon...

- Operation 'Red Seagull 2' training camp 14-15 April, 2007 Scarborough (Novice) - PLACES STILL AVAILABLE!
- Operation 'Blue Kite 1' training camp 12-13 May, 2007 Scarborough (Intermediate) - FULL.
Email or phone for details