

**RacingTNT coaching and training sessions**

led by Matt Norris March and April 2009

RacingTNT is a registered British Triathlon Federation Team active in the Sheffield, Chesterfield & Peak District  
See **RacingTNT Club FORUM** on home page www.novicecoaching.com

Session	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Meeting Point	Equipment	Café After	Coaches Comments
1	Saturday	28-Feb	Run	Choice of either six mile or ten mile group run	09.30am	Your pace	Nil	Fairholmes Car Park, Derwent Valley	Running gear	Yes	Join the team for an easy paced distance session
2	Sunday	1-March	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs	£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
3	Tuesday	3-March	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)
4	Saturday	7-March	Run	Supanova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/ med level road and woodland run, with testing up hill 1200m speed set
5	Sunday	8-March	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs	£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
6	Tuesday	10-March	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)
7	Saturday	14-March	Run	Abbey800	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Easy/ med level road and woodland run, with testing up hill 800m speed set
8	Sunday	15-March	Run(RACE)	Dronfield 10k road race	10am			Outside 'Jolly Farmer PH' at 09.50	Running gear	No	Race for RacingTNT at this popular local 10k racer- enter NOW!
9	Saturday	21-March	Run	Hammer-time	11am	1hr	£2	Graves Park-Charles Ashmore Rd (car park) nr tennis courts Meadowhead	Running gear	Yes	Real quality endurance speed work for ALL abilities
10	Sunday	22-March	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs	£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
11	Saturday	28-March	Run	Long sustained efforts	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	A true test of pace and speed judgement
12	Sunday	29-March	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs	£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
13	Saturday-Saturday	4-11 April	<b>Triathlon Training Camp</b>	<b>RacingTNT head out to Majorca for Black Hawk II training camp. Talk to matt norris or jon middlebrooke asap.</b>			See club forum		Road bike hire available!		Grab this wonderful early season opportunity to 'warm weather' train with RacingTNT. <b>Join the athletes committed.</b>
14	Sunday	12-April		No session							Easter Sunday – remember your friends and family!
15	Bank Holiday Monday	13-April	Road Bike	Guided Ride' through the Peak District 35/40 miles (ability groups stays together) av speed 13-15mph and 17-20mph in top group	10am	3hrs	£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- Featuring 'the bunny boiler'
16	Thursday	16-April	Pool Swim	Coached swim sets – pre-booking essential, email matt norris	8pm	1hr	£5	Goodwin Sports S10 University of Sheffield	Swim gear	No	Experienced swim coaches offer key guidance-see club forum for details
17	Tuesday	21-April	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)
18	Saturday and Sunday	25-26 April	<b>Triathlon Training Camp</b>	<b>RacingTNT in Scarborough for NOVICE triathlon camp. Talk to matt norris asap</b>							<b>Join the team</b> on Red Seagull IV. Learn the basics that will set your triathlon ambitions in full flow for 2009.
19	Thursday	30-April	Pool Swim	Coached swim sets – pre-booking essential, email matt norris	8pm	1hr	£5	Goodwin Sports S10 University of Sheffield	Swim gear	No	Experienced swim coaches offer key guidance-see club forum for details