

RacingTNT coaching and training sessions

led by Matt Norris Nov & Dec 2008

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	Price	Venue/Meeting Point	Equipment	Café After	Coaches Comments
	Saturday	1-Nov		No run session							See club forum for adhoc training sessions
	Sunday	2-Nov	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
	Saturday	8-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
	Sunday	9-Nov	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
	Tuesday	11-Nov	NEW!! -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 & Sunday	15-16 Nov		No sessions							See club forum for adhoc training sessions
	Saturday	22-Nov	Run	10 mile endurance run	09.30am		Free	Fairholmes Car Park, Derwent Valley	Running gear	Yes	Long steady group run split into ability groups (1.20 & 1.35 pace)
	Saturday	22-Nov		Meet the coaching team. NEW and existing member opportunity !!	1pm	1hr approx	Free	Esporta Sheffield, coffee lounge- Archer Rd S8	Lots of Questions	Yes	Novice (and intermediate) opportunity to drop in and discuss your triathlon and multi sport ambitions.
	Sunday	23-Nov	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
	Tuesday	25-Nov	NEW!! -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-Nov	Run	Crusader Challenge- NEW EVENT	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Exciting new 'pairs' event. Just turn up and coaching team will select pairings for this mini endurance fun event.
	Saturday	29-Nov		RACINGTNT CRUSADER AWARDS XMAS DINNER	7.30pm	Late	Three course xmas meal £18.95	ASK Restaurant, Sheffield 1	Something sexy!(that's the blokes)	Come and enjoy a great night out!	Fantastic response! 50/60 Places reserved, with 40+ already taken. Email matt norris NOW! (See Forum posting for who's attending.)
	Sunday	30-Nov	Mountain Bike	Two separate group rides set off from same venue	11am	2-3hrs	£2	Woodbine Cafe on the Hope Main Road	MTB gear, helmet is compulsory!	Yes	RacingTNT MTB session..split novice and intermediate group rides
	Saturday	6-Dec		No run session							Rest for the morning!
	Sunday	7-Dec	Run	Percy Pud 10k Race. This race is fully booked. (50 applied through RacingTNT a UK team record!).	09.30am	Your pb !	n/a	At the start line	Running gear	Yes/meet at Admiral Rodney Pub near finish line (opening early for TNTrs)	RacingTNT will be the biggest team entry on the day." Determine Your destiny" with us
	Saturday	13-Dec	Run	10 mile endurance run	09.30am		Free	Fairholmes Car Park, Derwent Valley	Running gear	Yes	Long steady group run split into ability groups (1.20 & 1.35 pace)
	Sunday	14-Dec	Mountain Bike	Two separate group rides set off from same venue	09.30am	2-3hrs	£2	Woodbine Cafe on the Hope Main Road	MTB gear, helmet is compulsory!	Oh yes	RacingTNT MTB session..split novice and intermediate group rides
	Saturday	20-Dec	Run	Christmas Fun Run	11am	1hr	Free	Millhouses Cafe	FANCY DRESS running gear..no excuses!	Yes..more cake	Very easy, fun run through woodland and park..plus Millhouses mile chase in fancy dress!!
	Sunday	21-Dec	Mountain Bike	Two separate group rides set off from same venue	09.30am	2-3hrs	£2	Woodbine Cafe on the Hope Main Road	MTB gear, helmet is compulsory!	Yes	RacingTNT MTB session..split novice and intermediate group rides