

No	Day	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Venue/Meeting Point	Equipment	Café After*	Coaches Comments
1	Thursday	02-Jul	Pool swim – use it or loose it!	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details.. more sessions booked with FULL pool at this venue
2	Saturday	04-Jul	OPEN WATER SWIM	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
3	Sunday	19-Jul	Triathlon Race Support	Hathersage Hilly Triathlon	6.45am	All morning and lunch		Hathersage T1 and Froggatt		Yes – Pool cafe	Matt Norris in place for full athlete support
4	Thursday	23-Jul	Pool swim – use it or loose it!	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details.. more sessions booked with FULL pool at this venue
5	Saturday	25-Jul	OPEN WATER SWIM	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
6	Sunday	26-Jul	Road Bike	Guided Ride' through Derbyshire/ Notts/Lincs 55 miles (ability groups stay together) av speed 13-15mph, and 17-20mph in top group.	10am	Approx 5hrs – Gainsbgh	£2	Coal Aston Village Hall, Eckington Rd, next to Royal Oak PH, Coal Aston	Road bike & cycling kit inc. helmet	Yes-on route	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
7	Tuesday	28-Jul	Track Running	Classic interval sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
8	Saturday	01-Aug	OPEN WATER SWIM	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
9	Saturday	01-Aug	Road bike - Sheffrec 25 mile time trial	see forum for full entry details		Sheffrec to advise entrants. See forum / simon wells		Hatfield Doncaster	Road bike, helmet and cycle gear	Tbc	Road Bike Time Trial Race over 25 miles – highly recommended!
10	Sunday	02-Aug	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.		3hrs – Chapel -en- frith	£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
11	Thursday	06-Aug	Pool swim – use it or loose it!	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details.. more sessions booked with FULL pool at this venue
12	Saturday	08-Aug	OPEN WATER SWIM	Champions League and Premiership POWER event (Race 4 of 4) 400m o/w swim and 5k run race	8am-10am	In water at 08.30	£2	Rother Valley – sponsored by Profuel	Wetsuit	Yes	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
13	Sunday	09-Aug	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	3hrs – Matlock Bath	£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
14	Tuesday	11-Aug	Track Running	Classic interval sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
15	Saturday	15-Aug	OPEN WATER SWIM	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley	wetsuit	Optional	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
16	Thursday	20-Aug	Pool swim – use it or loose it!	Coached swim	8pm	1hr	£5	Goodwin Pool S10 sports Univ Sheffield	Swim gear	No	See forum for full details.. more sessions booked with FULL pool at this venue
17	Saturday	22-Aug	LAST 2009 OPEN WATER SWIM- see cafe note!	LOOK FOR RACINGTNT>>>Coach in the water with athletes - swim sets for all abilities	8am-10am	1hr in water at 08.30	£2	Rother Valley	wetsuit	Please join us – last one champagne breakfast	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
18	Sunday	23-Aug	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	3hrs – Cutthorpe, Chesterfd	£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
19	Tuesday	25-Aug	Track Running	Classic interval sets	7pm	1hr	£3	Mount St. Marys College, Spinkhill	Running gear	No	See forum for full details. Absolute pure running quality, stunning venue.
20	Blue Kite IV	12/13 Sept	Tri Camp	Scarborough, N.Yorks	Weekend	Great fun	£95 all in, inc of B&B	This needs support or we lose the venue!	Eight booked on so far – we need 14 athletes	Talk now to Matt Norris	Suitable for adv. Novice and intermediate