

Session/ Day Races	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Meeting Point	Equipment	Café After	Coaches Comments	
1	Thursday	03-Jul	Road Bike	Hathersage Hilly Time-Trial. Info on club forum.	7pm	1hr	£2	Hathersage Pool Café	Road bike & cycling kit inc. helmet	No	Real quality road bike t/t session, timed and logged on website
2	Saturday	05-Jul	NOVICE KEY SESSION – OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit compulsory	No	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
3	Sunday – Wakefield Tri	06-Jul Novice	Road Bike	NOVICE BIKE SESSION...easy riding with chance to practise various skills	10am	2hr	£2	Fairholmes Car Park Derwent Valley	Road bike & cycling kit inc. helmet	Yes	New members have been asking for this key session
4	Wednesday	09-Jul	Run	Abbey800	6.30pm	1hr	£2	Millhouses Cafe	Running gear	No	Popular 800m up hill speed work with extensive warm up and warm down.
5	Saturday	12-Jul	NOVICE KEY SESSION – OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit compulsory	No	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
6	Sunday	13-Jul	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	£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
7	Thursday	17-Jul	Road Bike	Hathersage Hilly Time-Trial. Info on club forum.	7pm	1hr	£2	Hathersage Pool Café	Road bike & cycling kit inc. helmet	No	Real quality road bike t/t session, timed and logged on website
8	Saturday	19-Jul	NOVICE KEY SESSION – OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit compulsory	No	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
9	Hatherage Hilly Tri (Sunday)	20-Jul					Hathersage Pool Café		Yes	Coach 'roaming' bike course...Come on you TNTrs!! (See RacingTNT team in pool cafe after).	
10	Wednesday	23-Jul	Run	Long Sustained Efforts	6.30pm	1hr	£2	Millhouses Cafe	Running gear	No	Pure quality race pace work. Speed and endurance the magical mix
11	Saturday	26-Jul	NOVICE KEY SESSION – OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit compulsory	No	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
12	Sunday	27-Jul	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	£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
13	Saturday	02-Aug	NOVICE KEY SESSION – OPEN WATER SWIM	Open water swim/run practise race 1 (of 2) or just join us for swim only	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit Compulsory	No	LOOK FOR THE ORANGE TEAM...400m open water SWIM followed by 5k RUN
14	Sunday	03-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	£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
15	Saturday	09-Aug	NOVICE KEY SESSION – OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit Compulsory	No	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
16	Saturday	09-Aug	Run	Easy Slopes	11am	1hr	£2	Charles Ashmore Rd Car Park Meadowhead (Graves Park)	Running gear	Optional	Good quality hill sets to build speed. Keep sharp and hold form here with the coaching team.
17	Sunday	10-Aug	NOVICE FOCUS Pool Swim Clinic	New Session: Coaches pool side advising on technique. Booking essential	12 – 1pm	1hr	Coaching Fee £10	Hathersage Open Air Pool	Swim wear	Yes- lunch prebooked in pool cafe	RacingTNT members have asked about pool swim coaching...here's your chance
18	Saturday	16-Aug	NOVICE KEY SESSION – OPEN WATER SWIM	Open water swim/run practise race 2 (of 2) or just join us for swim only	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit Compulsory	No	LOOK FOR THE ORANGE TEAM...400m open water SWIM followed by 5k RUN
19	Sunday	17-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	£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
20	Wednesday	20-Aug	Run	Short Pyramids	6.30pm	1hr	£2	Millhouses Cafe	Running gear	No	Time bound quick sharp speed sets aimed at those athletes working towards faster 5/10k splits
21	Saturday	23-Aug	NOVICE KEY SESSION – OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am -10am	2hr	£2/£3	Rother Valley see forum for details	Wetsuit Compulsory	No	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
22	Bank Holiday Monday	25-Aug	Road Bike – SOCIAL	Two ability groups head to Beckingham, Lincs. Approx 35 mile ride, all welcome including non-cyclists. See club forum for details.	09.30am	All day	£5 everyone chipping in for food and drink	Esporta Car Park, Archer Rd, Sheffield	Road bike & cycling kit inc. helmet	No	Charmian & Ron Heaton host the RacingTNT summer social at their farm house near Gainsborough.