

Session/Day Races	Date	Discipline	Content	Session Start Time	Approx Duration	Coaching fee	Meeting Point	Equipment	Café After	Coaches Comments	
1	Saturday	03 May	Run	Abbey800	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	True quality 800m speed set(s) within warm up and recovery group run
2	Sunday - Southwell Tri-Alex G coach mentoring	04 May	Duathlon	NEW SESSION: Practise Duathlon Race 2k-8k-2k run-bike-run training event. Contact matt norris for exact location details. 5 mins from meadowhead that's all !!	09.30am	1hr	£3	Sheepbridge Trading Estate, Chesterfield just off the A61 Dronfield by-pass	Run and bike/ tri-suit gear inc. helmet	No	This new RacingTNT event was trialled by a small group last year and will give athletes opportunity to practise race skills on fast marshalled roads.
3	Saturday	10 May	Run	Supanova	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	This classic remains the benchmark of endurance...prove you can tame the 'nova'
4	Sunday	11 May	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
5	Saturday	17 May	Run	Easy Slopes	11am	1hr	£2	Graves Park - Charles Ashmore Rd Meadowhead Car Park	Running gear	Optional	Good quality hill sets to build speed. Keep sharp and hold form here with the coaching team.
6	Sunday	18 May	NEW - Intermediate Level Peak District Triathlon Training Day	All three disciplines coached, inc quality lane swimming session and advanced time-trial techniques	08.15am	All day	£25	Hathersage Pool Café	All triathlon equipment inc helmet (and tri-bars if you have them).	Yes	Fantastic opportunity to discuss and develop race goals, build on skills and learn from coaches and athletes.
7	Saturday	24 May	NOVICE KEY SESSION - FIRST OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am-10am	2hr	tbc*	Rother Valley see forum for details	Wetsuit compulsory	tbc	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
8	Saturday	24 May	Run	Long Sustained Efforts	11am	1hr	£2	Millhouses Cafe	Running gear	Yes	Excellent motivating session to force the best out of you on race days
9	Sunday	25 May	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 Pool Café	Road bike & cycling kit inc. helmet	Yes	Highly experienced team leaders will lead group ride at advanced novice and intermediate level
10	Saturday - Rother Valley Triathlon W/E	31 May	NEW - RacingTNT and Sheffrec Road Bike Time Trial Champs	Road Bike Time Trial Race over 10 miles	see forum		Sheffrec to advise entrant. See forum / Simon Wells	Hatfield Doncaster	Road bike, helmet and cycle gear	Tbc	Associated Partners Sheffrec have invited ALL levels of RacingTNTs to take part in this event
11	Sunday - Rother Valley Triathlon W/E	01 Jun	Coach Mentoring	Coach(es) present to add support to RacingTNT athletes.							"Come on you RacingTNT Rs!!!"
12	Wednesday	04 Jun	Run	Short Pyramids	18.30pm	1hr	£2	Millhouses Cafe	Running gear	No	Time bound quick sharp speed sets aimed at those athletes working towards faster 5/10k splits
13	Wednesday	18 Jun	Run	Long Sustained Efforts	18.30pm	1hr	£2	Millhouses Cafe	Running gear	No	Pure quality race pace work. Speed and endurance the magical mix
14	Saturday	21 Jun	OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am-10am	2hr	tbc*	Rother Valley	Wetsuit	tbc	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
15	Sunday	22 Jun	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
16	Saturday	28 Jun	OPEN WATER SWIM	LOOK FOR RACINGTNT>>Coach in the water with athletes - swim sets for all abilities	08am-10am	2hr	tbc*	Rother Valley	Wetsuit	tbc	LOOK FOR THE ORANGE TEAM...Novices are guided through essential drills and skills for open water success
17	Saturday	28 Jun	Run	Easy Slopes	11am	1hr	£2	Graves Park- Charles Ashmore Road Car Park Meadowhead	Running gear	Optional	Good quality hill sets to build speed. Keep sharp and hold form here with the coaching team.
18	Sunday	29 Jun	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