



## Junior Winter Training Schedule 2018-19

Monday	5.30pm*	Track run session – Thames Valley Athletic Club (TVAC)
	7:00pm**	Wycombe Rye Lido – coached pool swim (all abilities)
	7:00pm	Montem Leisure Centre – coached pool swim (beginner & improver)
	8:00pm	Montem Leisure Centre – coached pool swim (intermediate & advanced)
Wednesday	6.30pm	Montem Leisure Centre – coached pool swim (beginner & improver)
	7:30pm	Montem Leisure Centre – coached pool swim (intermediate & advanced)
Thursday	7:00pm**	Wycombe Rye Lido – coached pool swim (all abilities)
Saturday	9:15am*	Wycombe Rye – Bike/run and transition sessions
	2:00pm	Windsor Great Park - Bike/run and transition sessions

\* Payment to coach required on the night £3.50 for Juniors (entry to the track paid for by EVO, please sign-in at reception)

\*\* Trial timings at venue, may revert to original times.

Bookings MUST be made via GymSync - [Book today!](#)

BIKE/RUN SESSION @ WINDSOR - The session takes place on the green by the Crown Estate Office. Please note the Crown Estate have requested that **NO CARS** are driven into Windsor Great Park. Please therefore park either in the car park at Cranbourne Gate or Rangers Gate and walk in to Windsor Great Park

Please note we may sometimes have to use another location because of events in the park. We will of course notify you beforehand.

PARKING – There is free parking at Wycombe Rye Lido. To get free parking give your registration number to reception at the Lido on your first visit to ensure you do not get a ticket. Parking at Montem Pool is free. Parking for sessions at Windsor Great Park please note it is a condition of us having a permit to coach the juniors at the Park that **we must NOT drive/park in the Park**. Free parking is available at Rangers Gate or Cranbourne Gate, and walk a few minutes to our meeting point.

DOGS – Please note your dogs do not form part of the training session. Some children are scared of dogs regardless of how well trained they are. Dogs that are not on leads can cause accidents and interfere with the delivery of the coaching. If you are dropping off children and do bring a dog it must be kept on a lead at all times near the children and then removed from the area once you have dropped them off.

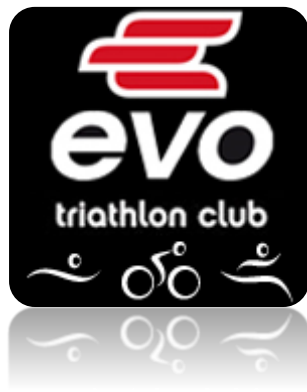
**Any changes to the training schedule will be posted on our EVO Junior Triathlon Club Facebook Page, so please make sure you check the page before leaving for a session.**

If you have any questions, please do not hesitate to contact **Kevin Wallace**, Club Chairman/Head Coach on **07780 994772**. We look forward to seeing you at a coaching session soon

[www.evotri.co.uk](http://www.evotri.co.uk)

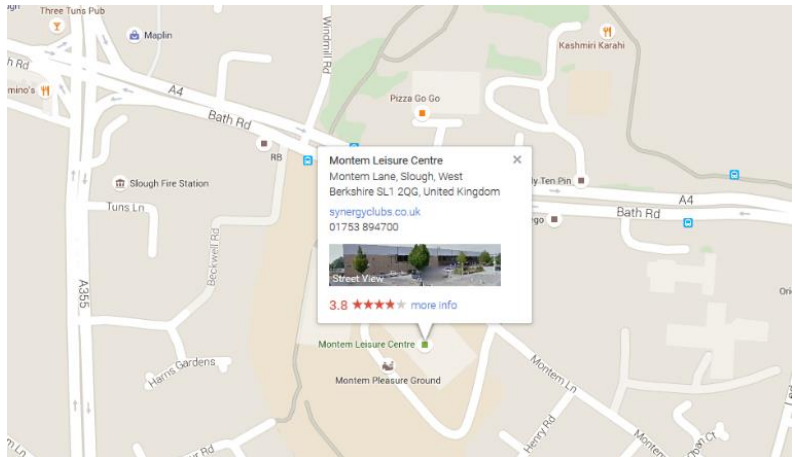
07780 994772

[juniors@evotri.co.uk](mailto:juniors@evotri.co.uk)

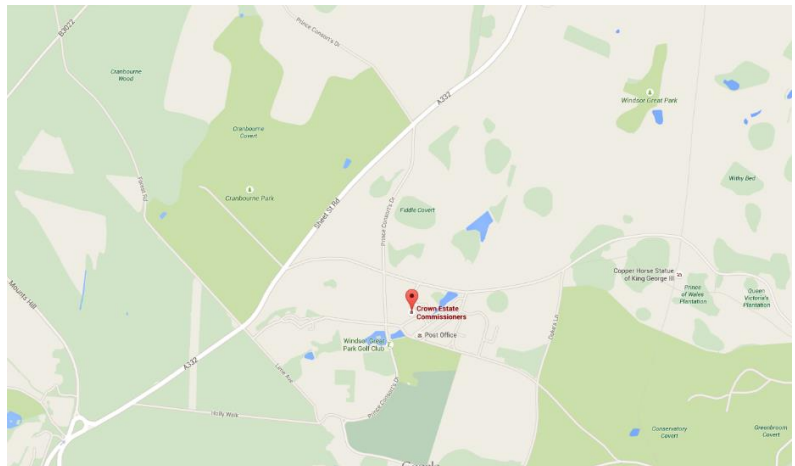


Locations – click on the map to view destination online.

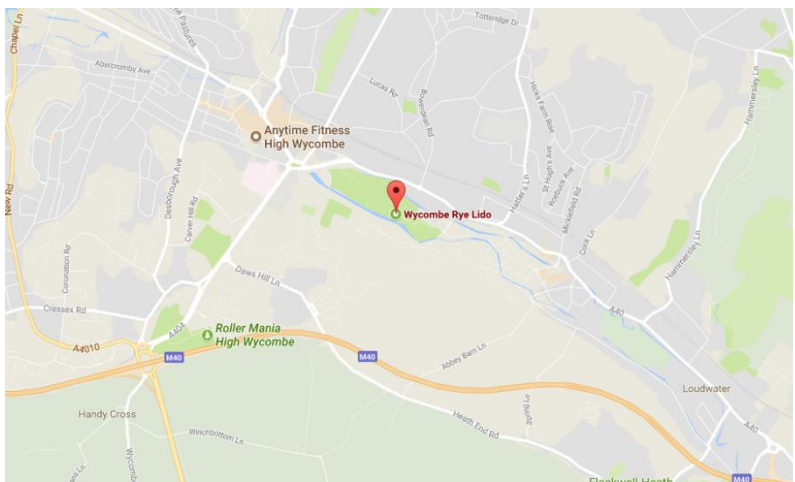
**MONTEM POOL,**  
Montem Lane,  
Slough, SL1 2QG



**WINDSOR GREAT PARK,**  
Crown Estate Offices,  
Windsor Great Park,  
Windsor SL4 2HT



**WYCOMBE RYE LIDO**  
Off, Bassetsbury Ln,  
High Wycombe  
HP11 1QX



[www.evotri.co.uk](http://www.evotri.co.uk)

07780 994772

[juniors@evotri.co.uk](mailto:juniors@evotri.co.uk)