



Winter Training Schedule 2017-18

Monday	7:30-8:30pm* 8:00-9:00pm	Open air lido pool (33m) swim coaching - Wycombe Rye Lido Brick Ride/Run (Spin) Session - Windsor Leisure Centre (WLC)
Tuesday	7:30-8:40pm* 7:00-8:00pm	Brick Ride/Run (Spin) Session – Wycombe Rye Strength & Conditioning – Fifield Oakview, Manor Grove SL6 2PQ
Wednesday	6:45-8:00am	Spin – Windsor Leisure Centre (WLC)
	6.30-7.30pm	Track Run Session – Thames Valley Athletic Centre
	7:00-8:00pm*	Run Session – Wycombe Rye
** (Note change of ability for session)	8:00-9:00pm	Coached pool swim session (intermediate and advanced)** – WLC
	9:00-10:00pm	Coached pool swim session (beginners & improvers)** - WLC
Thursday	7:30-8:30pm*	Open air lido pool (33m) swim coaching - Wycombe Rye Lido
Friday	6.30-7.30pm 7.30-8.15pm 7:30-8:30pm	Spin – The Marlow Club Strength & Conditioning – The Marlow Club (every other week) Spin – Windsor Leisure Centre (WLC)
Saturday	9.00am 10.00am	Park Run – Wycombe Rye Run Session – Windsor Great Park
Sunday	Depart 9:00am	Group bike ride – The Bike Company, Windsor

*Wycombe location for training sessions

Bookings are made through [Gym Sync](https://www.gymsync.co.uk/) :

Copy link if needed <https://www.gymsync.co.uk/>

Please book no earlier than 48 hours before the session. Note that you will not be able to book before your booking day, sorry!

Places on some sessions are limited, so please don't leave it to the last minute to cancel as others on any waiting lists can attend the session!

You are required to bring a sweat towel for the spin and brick sessions, and will have to clean the bikes & floor down after, using paper towels and sanitisers spray (provided)

Showers, lockers and changing rooms are free to use on your visit to the club.

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