



Summer Training Schedule 2018

Monday:

6:00-8:00pm Open water swimming option - Marlow Lake
7:30-8:30pm Wycombe Rye Lido – open air pool swim coaching
8:00-9:00pm Brick Ride/Run - Session Windsor Leisure Centre

Tuesday:

6:00-9:00am Bray Lake open water swim option
7:15-8:30pm Bray Lake open water swim coaching technique / drills /speeds
6:30pm depart Fun TT / tempo bike session – Meet at The Royal Oak - Great Country Pubs Chalkpit Lane, Marlow

Wednesday:

7:00-8:00am Spin at Windsor Leisure Centre
8:00-9:00pm Coached pool swim session (improvers) - WLC
9:00-10:00pm Coached pool swim session (intermediate and advanced) WLC
6:00-8:00pm Open water swim option– Marlow Lake
7:00-8:00pm Run session – Wycombe Rye Lido

Thursday:

6:00-9:00am Bray Lake open water swim option
6:00-8:00pm Bray Lake open water swim
7:15-8:00pm Run tempo work – Bray Lake (from August)
7:30-8:30pm Wycombe Rye Lido – open air pool swim coaching

Friday:

6:30pm depart Fun TT / tempo bike session – Meet at Windsor Leisure Centre
6.30-7.30pm Spin – The Marlow Club
7.30-8.15pm Strength & Conditioning – The Marlow Club (every other week)

Saturday:

6:30-9.00am Open water swim option at all Lakes
10:00am depart Self-organised group run from Bray Lake

Sunday:

6:30-9.00am Open water swim option at all Lakes (except Marlow)
9:00am depart Club bike ride from Bray Lake – group is split into bronze, silver and gold group coached bike sessions



Bookings can be made as follows:

- Coaches, bike leads 2 days before the session or on the day
- All other full members 1 day before or on the day

You will not be able to book before your booking day, sorry!

Places are limited, so please don't leave it to the last minute!

Spin sessions: You are required to bring a sweat towel for the 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 leisure centre.

[Book online today!](#)

Lake Entry Fees

Evo heavily subsidise your lake swimming, you will only pay (with production of your Evo ID card):

Bray Lake	£2.00
Marlow Lake	£3.00
Heron Lake	£3.50
Liquid Leisure	£4.00

Without card price is £6.00 per swim