



## Summer Training Schedule 2017

Monday	8:00-9:00pm	Brick Ride/Run - Session Windsor Leisure Centre
	5:30-8:30pm	Open water swimming option - Heron Lake
	6:00-8:00pm	Open water swimming option - Marlow Lake
	7:30-8:30pm	Wycombe Rye Lido – open air pool swim coaching
Tuesday	6:00-9:00am	Bray Lake open water swim option
	7:15-8:30pm	Bray Lake open water swim coaching technique / drills /speeds / plus run around the Lake
	6:00–8:00pm	Open water swim option – Liquid Leisure
Wednesday	7:00-8:00am	Spin at Windsor Leisure Centre
	8:00-9:00pm	Coached pool swim session (improvers) - Windsor Leisure Centre
	9:00-10:00pm	Coached pool swim session (intermediate and advanced) WLC
	6:00-8:00pm	Open water swim and run session – Marlow Lake
Thursday	6:00-9:00am	Bray Lake open water swim option
	7:00-8:00pm	Endurance open water group swim – Bray Lake
	7:30-8:30pm	Wycombe Rye Lido – open air pool swim coaching
	6:00-8:00pm	Open water swim option – Liquid Leisure
Friday	6:15pm	Fun TT / speed bike session – Meet at Windsor Leisure Centre
Saturday	6:30-9.00am	Open water swim option at all Lakes
	Depart 10:00am	Group run from Bray Lake
Sunday	6:30-9.00am	Open water swim option at all Lakes (except Marlow)
	Depart 9:00am	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!

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!](#)