



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
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
Thursday	6:00-8:00pm	Open water swim and run session – Marlow Lake
	6:00-9:00am	Bray Lake open water swim option
	7:00-8:00pm	Endurance open water group swim – Bray Lake
Friday	7:30-8:30pm	Wycombe Rye Lido – open air pool swim coaching
	6:00-8:00pm	Open water swim option – Liquid Leisure
	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!

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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!](#)