



Winter Training Schedule 2019-20

Monday	7:30pm 8:00pm	Open air lido pool (33m) swim coaching - Wycombe Rye Lido Brick Ride/Run (Spin) Session - Windsor Leisure Centre (WLC)
Tuesday	7:00pm 8:00pm	Run session – Wycombe Rye Strength & Conditioning – The Centre, Slough
Wednesday	7:00am 6:30pm*	Spin – Windsor Leisure Centre (WLC) Track Run Session – Thames Valley Athletic Centre (TVAC)
	7:10 – 8:00pm 7:30pm** 8:30pm**	Spin/run Brick Session – The Marlow Club Coached pool swim session (beginners & improvers) – WLC Coached pool swim session (intermediate and advanced) – WLC
(** Note beginners and advanced sessions swapped around every 3 months)		
Thursday	7:30pm 8:15pm	Open air lido pool (33m) swim coaching - Wycombe Rye Lido Yoga for athletes – The Centre, Slough
Friday	6.30-7.30pm 7.30-8.15pm 7:30-8:30pm	Spin – The Marlow Club Yoga for athletes/stretch – The Marlow Club Spin – Windsor Leisure Centre (WLC)
Saturday	9.00am	Park Run – Wycombe Rye
Sunday	Depart 9:00am	Group bike ride – Cinnamon Café Windsor

* Participants must pay entry on the night £5, Coaching paid for by EVO

** beginners and advanced sessions swapped around every 3 months

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

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.