

April 2026

FCR & FCE Group Swim, Bike, and Run Training Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			LPSC 7:15a-8:30a	LPSC 6:15a-7:30a 11:00a-12:15p 6:30p-7:45p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a
			FCE Group Run 6:30-7:30p			OWS- Trooper** 10:00a-12:00p
5	6	7	8	9	10	11
LPSC 7:30a-8:45a	Bryn Mawr 6:15-7:30a	Suburban 6:30-7:45a	Suburban 7:15-8:30a	Manorlu 6:30-7:45a	Suburban 7:00-8:15a	Manorlu 8:30-9:45a
		Manorlu 12:00-1:15p	FCE Group Run 5:30-6:30p	OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p	FCE Coaching Call 7:00p	Upper Merion HS 7:30-8:45p		Suburban 2:00-3:15p
		Upper Merion HS 7:30-8:45p (unoff)				
		Cheltenham HS 7:45p-9:00p				
12	13	14	15	16	17	18
Villanova 7:00a-8:30a 8:30a-10:00p	Bryn Mawr 6:15-7:30a	Suburban 6:30-7:45a	Suburban 7:15-8:30a	Manorlu 6:30-7:45a	Suburban 7:00-8:15a	Manorlu 8:30-9:45a
Villanova Clinics: Basic: 7-8a Youth: 8-9a	Upper Merion HS 7:30-8:45p	Manorlu 12:00-1:15p	FCE Group Run 6:30-7:30p	OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p		Upper Merion HS 7:30-8:45p		Suburban 2:00-3:15p
		Upper Merion HS 7:30-8:45p (unoff)				
		Cheltenham HS 7:45p-9:00p				
19	20	21	22	23	24	25
Villanova 7:00a-8:30a 8:30a-10:00p	Bryn Mawr 6:15-7:30a	Suburban 6:30-7:45a	Suburban 7:15-8:30a	Manorlu 6:30-7:45a	Suburban 7:00-8:15a	OWS- Medford 7:00a-11:00a
Villanova Clinics: Basic: 7-8a Youth: 8-9a	Upper Merion HS 7:30-8:45p	Manorlu 12:00-1:15p	FCE Group Run 6:30-7:30p	OWS- Trooper** 5:00p-7:00p		LPSC 9:00a-10:15a
		OWS- Trooper** 5:00p-7:00p		Upper Merion HS 7:30-8:45p		OWS- Trooper** 10:00a-12:00p
		Upper Merion HS 7:30-8:45p (unoff)				OW Clinic Medford: 7:30a-8:30a
		Cheltenham HS 7:45p-9:00p				
26	27	28	29	30	1	2
Villanova 7:00a-8:30a 8:30a-10:00p	LPSC 7:15a-8:30a 6:30p-7:45p	LPSC 6:15a-7:30a 11:00p-12:15P	LPSC 7:15a-8:30a	LPSC 6:15a-7:30a 11:00a-12:15p 6:30p-7:45p	LPSC 7:15a-8:30a	OWS- Medford 7:00a-11:00a
Villanova Clinics: Basic: 7-8a Youth: 8-9a		OWS- Trooper** 5:00p-7:00p	FCE Group Run 6:30-7:30p	OWS- Trooper** 5:00p-7:00p		LPSC 9:00a-10:15a
Medford SwimFest #1 9:00a		Cheltenham HS 7:45p-9:00p				Fast & Furious 5K 9:30a

Questions? Contact: info@frenchcreekracing.com

This calendar is not updated throughout the month. For updates, please check our schedule at:
frenchcreekracing.pike13.com/schedule

**Open Water Swims will occur if the following criteria are met: - Minimum of 8 swimmers must reserve slots on Pike 13 -
Water temp of 50F or higher - Weather and water quality are acceptable

Lawrence Park Swim Club:
293 Langford Rd. Broomall, PA 19008

Cheltenham High School Pool:
500 Rices Mill Rd. Wyncote, PA 19095

Upper Merion High School Pool:
465 Crossfield Rd. King of Prussia, PA 19406

Suburban Seahawks Club:
240 Old Paper Mill Rd. Newark, DE 19711

Open Water Swim - Medford
1303 Stokes Rd., Medford, NJ 08055

Manorlu Swim Club:
850 Twining Rd. Dresher, PA 19025

Villanova University: Pavillion Swim Center
N. Ithan Ave Villanova, PA 19085

Open Water Swim - Trooper
1400 S. Trooper Rd. Norristown PA 19403

Bryn Mawr College: Schwartz Fitness Center
241 N Roberts Rd. Bryn Mawr, PA 19010

Events

FCE GROUP RUN
Chester Valley Trailhead @S Warner Rd & CVT (Wayne)

Clinics