

Training plan

SWIM OPPORTUNITIES

Thursday 20 June

Swim training:

12:00-15:00 Zwembad Wezenberg, Desguinlei 17-19, 2018 Antwerp

Entrance for ITU will be entrance number 2, using the lockerrooms of the High Performance Swimming Pool

Friday 21 June

Swim training:

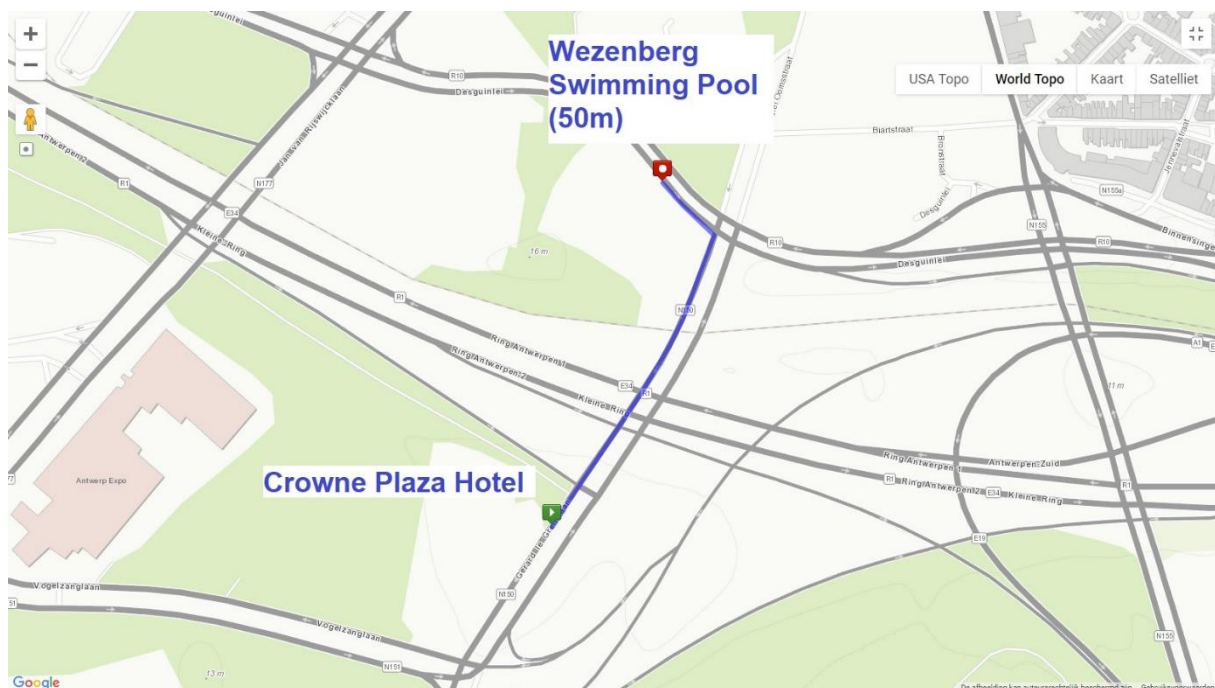
12:00-15:00 (Zwembad Wezenberg, Desguinlei 17-19, 2018 Antwerp)

Entrance for ITU will be entrance number 2, using the lockerrooms of the High Performance Swimming Pool

Saturday 22 June

Swim course familiarization:

12:00-13:00 (MAS – Oostendekaai, 2000 Antwerp)



1: Route from hotel to Wezenberg Swimming Pool

Indoor swimming pools:

Zwembad Groenenhoek

Orpheusplein 1
2600 Berchem

25m pool

Monday	12:00-19:00
Tuesday	07:00-12:00
Wednesday	12:00-14:00
Thursday	07:00-08:30 13:30-17:00
Friday	12:00-19:00
Saturday	13:00-18:00
Sunday	closed

-25yo = 1,50 EUR
+26yo = 3,00 EUR

Zwembad Plantin Moretus

Plantin en Moretuslei 343
2140 Borgerhout

25m pool

Monday	12:00-18:00
Tuesday	12:00-13:30 16:30-18:00
Wednesday	07:00-11:00 13:30-20:00
Thursday	12:00-13:30 16:00-18:00
Friday	12:00-13:30 15:00-18:00
Saturday	10:00-17:00
Sunday	08:30-13:00

-25yo = 1,50 EUR
+26yo = 3,00 EUR

Zwembad Park van Merksem

Van Heybeeckstraat 9
2170 Merksem

25m pool

Monday	08:00-18:00
Tuesday	08:00-21:00
Wednesday	08:00-18:00

Thursday 08:00-21:00
Friday 08:00-18:00
Saturday 08:30-18:00
Sunday 08:30-15:00

-25yo = 1,50 EUR
+26yo = 3,00 EUR

Zwembad Ieperman

Doornstraat 3b
2610 Wilrijk

25m pool

Monday 07:00-09:00
12:00-20:00
Tuesday 12:00-18:00
Wednesday 07:00-09:00
12:00-21:00
Thursday 12:00-18:00
Friday 07:00-09:00
12:00-20:00
Saturday 08:30-18:00
Sunday 08:30-13:00

-25yo = 1,50 EUR
+26yo = 3,00 EUR

Outdoor swimming pool:

Zwembad De Molen

Wandeldijk 40
2050 Antwerpen

50m pool

From 1 June – 2 September: everyday open from 10:00-20:00

-25yo = 2,00 EUR
+26yo = 4,00 EUR

BIKE OPPORTUNITIES

Saturday 22 June

Bike course familiarization:

11:00-12:00 (MAS - Oostendekaai, Antwerp) Athletes will be able to do 2 laps of the bike course under police supervision.

There are no planned bike trainings. All athletes are free to bike in and around Antwerp. Please note that there is a lot of traffic in Antwerp. Please check following website if you want to bike in Antwerp. Several routes and tips are on this website: www.visitantwerpen.be/en/transport-antwerp/antwerp-by-bike-en

RUN OPPORTUNITIES

Besides the busy roads has Antwerp a lot of beautiful parks and running tracks.

On following link you can find all running tracks and running routes in Antwerp. This website is only available in Dutch but you can check the track by clicking on a link. the site will show you a map with the exact location of the track or route.

Link: www.antwerpen.be/nl/overzicht/sporting-a/lopen/loopparcours-atletiekpistes

A public 400m running track is available at:

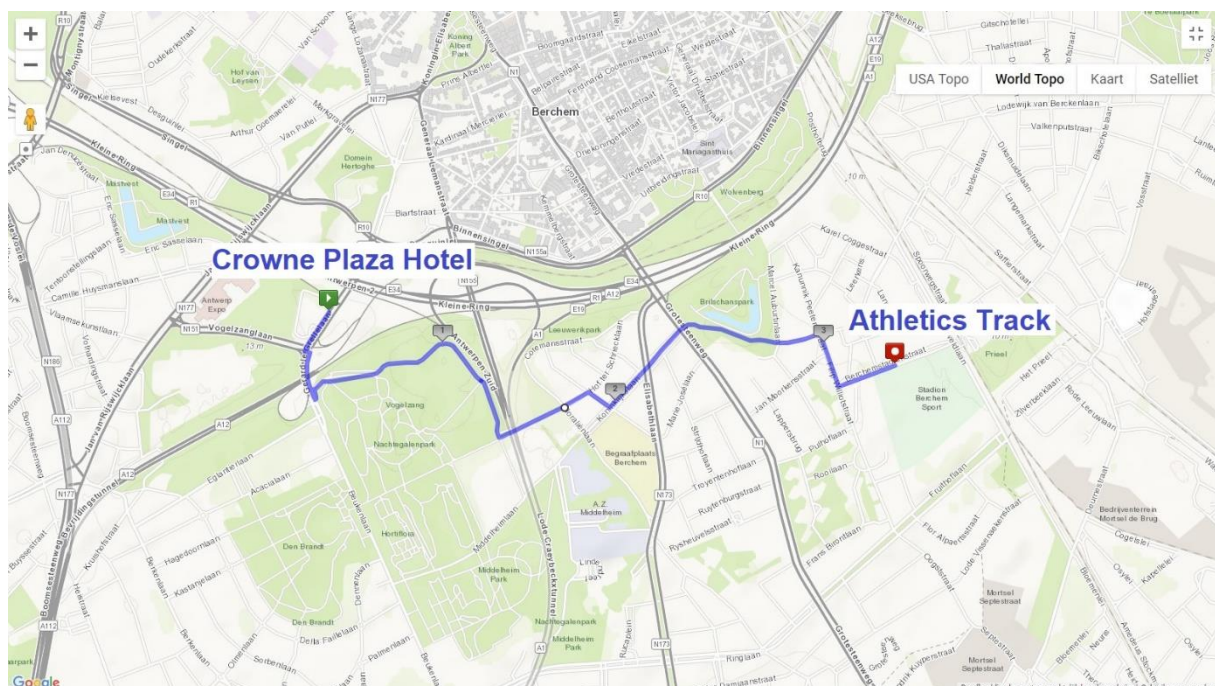
Sportcentrum Het Rooi

Berchemstadionstraat 73

2600 Antwerpen

Openinghours:

Monday to Sunday from: 7:00 to 22:00



2: Route from hotel to running track