

2022 World Triathlon Para Cup Alanya 2022 Europe Triathlon Cup Alanya

Alanya, Turkey
15-16 Oct 2022

Training Plan

SWIM

Pre-competition swim training can be done at the local 50m indoor pool (4km away from the venue) free of charge for paratriathletes and elite athletes. Teams and athletes need to send an email to the address indicated below.

Session / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
First Session	OFF	08.00 - 10.00	08.00 - 10.00	08.00 - 10.00	08.00 - 10.00	12.00 - 15.00	12.00 - 15.00
Second Session	OFF	15.00 - 17.00	15.00 - 17.00	15.00 - 17.00	15.00 - 17.00	OFF	OFF

Contact: kemalkocaman@alanya.bel.tr,
kemal_kocaman@hotmail.com

Google Maps: <https://goo.gl/maps/j9pzL6KHTyVy8X939>

For open water swimming, the beaches of Alanya are open to the public.

BIKE

Roads are not closed to traffic for training sessions, therefore the local traffic regulations must be strictly followed at all times.

RUN

There is no track and field stadium, but Alanya has several routes, all are safe and appropriate.