



TRAININGS PLANS

SWIM TRAINING

- Location:** Centro Sportivo Olimpico dell'Esercito - Caserma "Silvano Abba"
Address: Largo dei Portabandiera n.1 – 00143 Roma
- Swimming Pool:** 3 lanes of 25 metres in indoor swimming pool– max 6 pax for lane
Reservation: mandatory
- Procedure:**
 a. indicate the pax number and the main preference
 b. indicate the pax number and the reserve preference, if the first choice cannot be guaranteed
- Availability:** confirmation subject to availability that will follow the date of receipt of the online form [link](#)
 The booking will be confirmed by email at the deadline of Monday september 25th
- Access (free):** military entrance subject to check on nominative list for athletes and max 2 coaches for National Federation regularly registered through online form.
 ID Document required (copy or scan accepted)
 No access allowed to persons unregistered previously within the deadline of Monday september 25th
- Public transport:** from the race venue: Metro (EUR Fermi) 1 stop towards Laurentina – 1min walk to the Bus n.72 towards Laurentina/Cecchignola – walking 300mt till Largo dei Portabandiera n.1
- Facility:** Changing rooms - NO lockers
 Bicycle rack inside the military complex

Swim Training: slots available

		08:30 09:20	09:20 10:10	10:10 11:00	14:00 14:45	14:45 15:30
03/10/2023	Lane1					
	Lane2					
	Lane3					
04/10/2023	Lane1					
	Lane2					
	Lane3					
05/10/2023	Lane1					
	Lane2					
	Lane3					
06/10/2023	Lane1					
	Lane2					
	Lane3					



TRAININGS PLANS

ATHLETICS TRACK

- Location:** Centro Sportivo Olimpico dell'Esercito - Caserma "Silvano Abba"
Address: Via degli Arditi n. 1 – 00143 Roma
- Reservation:** mandatory
- Procedure:** indicate the pax number in the preferred hour slot space
- Booking:** confirmation subject to availability that will follow the date of receipt of the online form [link](#)
The booking will be confirmed by email at the deadline of Monday september 25th
- Access (free):** military entrance subject to check on nominative list for athletes and max 2 coaches for National Federation regularly registered through online form.
ID Document required (copy or scan accepted)
No access allowed to persons unregistered previously within the deadline of Monday september 25th
- Public transport:** from the race venue: Metro (EUR Fermi) 1 stop towards Laurentina – 1min walk to the Bus n.72 towards Laurentina/Cecchignola – walking 300mt till Largo dei Portabandiera n.1
- Facility:** Changing rooms - NO lockers
Bicycle rack inside the military complex

Athletics Track slots available

	08:30 / 12:00	14:00 / 15:30
03/10/2023		
04/10/2023		
05/10/2023		
06/10/2023		



TRAINING VENUES

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Bike Routes

Cycling through the streets of Rome is quite dangerous and unsafe, therefore we recommend the use of bike paths. A few kilometers from “Laghetto dell’Eur” (Riva di Pian Due Torri, 00146 Roma RM) there is access to one of the most important bike paths in Rome that runs along the Tiber river through the city center in safety.

At the following link you will find the maps of the network of bike paths in Rome:

<https://romamobilita.it/it/muoversiaroma/ciclabilita>

The route is not closed to traffic.

You are cycling at your own risk and traffic rules are to be followed.

Run Training

Eur Central Park has an 2,3 km lap that offers a great view over the EUR Lake and it’s good path for run training. The lap is mainly used by pedestrians and cyclists and it’s inside of the Race Venue.



FAMILIARIZATION

COURSE FAMILIARISATION

The athlete familiarisation sessions will be held on Friday 6 October at the following times:

11:30 - 12:30	Swim Familiarisation
13:00 - 13:30	Bike Familiarisation

Athletes must bring their accreditation pass and report to the athlete's lounge in order to participate in the familiarisation session.

During the swimming course familiarisation there will be lifeguards and medical service available

Athletes will receive a briefing prior to departure on the cycle course.

Athletes will have the chance to preview the elite individual course for 1 laps.

During the Bike Familiarisation athletes will be escorted by the police to ensure their safety. Please be sure to show up on time, as you will not be able to participate in the familiarization otherwise.

After the Bike Familiarisation, the roads will be reopened.

If you try to get on the course on your own, it should be noted that you are cycling at your own responsibility and in accordance with the Italian road traffic laws.

If you do not respect the Italian Highway Code, you can be fined.

The main information to know is as follows:

- By law, cyclists must ride on the right.
- Under any circumstances, it is prohibited to ride a bicycle on the sidewalk.
- In a group (two or more cyclists), you ride in a line.
- Cyclists must obey the signs, as must other road users.