

Triathlon Training Schedule

Tue:(12/8)			
DAY 1	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute
Wed:(13/8)			
DAY 2	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute
Thu:(14/8)			
DAY 3	9:00-10:00	Bike Familiarization	Xuanwu Lake Park
	10:00-11:00	Swim Familiarization	Xuanwu Lake Park
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute (Only half of the lanes are available)
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute
Fri:(15/8)			
DAY 4	9:00-10:00	Bike Familiarization	Xuanwu Lake Park
	10:00-11:00	Swim Familiarization	Xuanwu Lake Park
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute
Sat:(16/8)			
DAY 5	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
Sun:(17/8)			
DAY 6	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute
Mon:(18/8)			
DAY 7	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute
Tue:(19/8)			

DAY 8	9:00-10:00	Bike Familiarization for Team Relay	Xuanwu Lake Park
	10:00-11:00	Swim Familiarization for Team Relay	Xuanwu Lake Park
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute (Only half of the lanes are available)
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Wed:(20/8)

DAY 9	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Thu:(21/8)

DAY 10	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Fri:(22/8)

DAY 11	9:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Sat:(23/8)

DAY 12	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Sun:(24/8)

DAY 13	9:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Mon:(25/8)

DAY 14	9:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Tue:(26/8)

DAY 15	9:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Wen:(27/8)

DAY 16	9:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Thu:(28/8)

DAY 17	9:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute

Fri:(29/8)

DAY 18	09:00-10:00	Running	Track & Field Ground of Nanjing Sport Institute
	10:00-11:00	Swimming	Swimming Hall of Nanjing Sport Institute
	15:00-16:00	Swimming	Swimming Hall of Nanjing Sport Institute
	16:00-17:00	Running	Track & Field Ground of Nanjing Sport Institute