

Triathlon Training Schedule

| Tue:(12/8) | | | |
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| 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) | | | |

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| 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)

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| 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)

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| 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)

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|--------|-------------|----------|---|
| 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)

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| 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)

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|--------|-------------|----------|---|
| 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)

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| 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 |