

TRAINING PLAN

| | | Friday 26/04 | Saturday 27/04 | Sunday 28/04 | Monday 29/04 | Tuesday 30/04 | Wednesday 01/05 | Thursday 02/05 | Friday 03/05 | Saturday 04/05 |
|---------------|--|-------------------------|---------------------------------------|-----------------------|-----------------|------------------|-----------------------|-------------------|-----------------|-------------------|
| SWIM | COMPETITION DAY | | | | | 13.30h | | 15h | | 08h |
| | OFFICIAL FAMILIARIZATION (river) | | | | | 13.30 - 15.30h | | 13.30 - 15.30h | | 12 - 14h |
| | FREE TRAINING FOR ALL ATHLETES (river) | | | 10-11.30h | | | | | | |
| | SWIMMING POOL | PONTEVEDRA CITY | AGE GROUP (1) | 09 - 14h 17 - 22h | 09 - 14h | 08 - 23h | | 09 - 14h | 08 - 23h | |
| | | | ELITE/JUNIOR/U23 PARATRIATHLON (2) | 08.30 - 16h | | | | | | |
| | | SANXENXO CITY (3) | | 08-13:15h | 11-14h | 08-13:15h | | 09-11h | 08-13:15h | |
| VIGO CITY (4) | | 09 - 11h 14 - 20:30h | 09 - 14h | 07-15:30h / 19:30-23h | | 09 - 14h | 07-15:30h / 19:30-23h | | | |
| BIKE | FAMILIARIZATION | | 15:30 EL/U23 | | | | | | | |

- (1) The use of the swimming pool in **Pontevedra city** (Pontemuiños Pool) will cost € 4.48 per day, and with the right to swim in 25 meters (possibility of 50), access to the SPA area and the gym. Wristband or accreditation will be mandatory to access. Bus stop in the Plaza de Galicia. Check schedules at the hotel.
- (2) The use of the swimming pool in **Pontevedra city** (Centro Galego de Tecnificación Deportiva Pool) will be access free with Multisport wristband or accreditation in 4 dedicated lanes.
- (3) The use of the swimming pool in **Sanxenxo city** (Portonovo Pool) will be access free with Multisport wristband or accreditation to access 08 - 11:45h (One exclusive lane + two shared lanes) or the 11:45h - 13:15h (One dedicated lane + five shared lanes).
- (4) The use of the swimming pool in **Vigo city** (Navia, Coia and Barreiro Pools) will cost € 3.85 per hour, and with the right to swim and access to the gym; if you want without schedule and access to the SPA you must pay € 6.00 per day. Check bus stops and schedules at the hotel. Wristband or accreditation will be mandatory to access at the following opening hours
Monday through Friday: 7 h-12 h: 2 lanes, 12 h-15.30 h: 3 lanes (only in Navia), 19.30 h-21 h: 1 lane, 21 h-23 h: 2 lanes, **Saturday:** 9 h-11 h: 1 lane, 14 h-20.30 h: 2 lanes, **Sunday:** 9 h-14 h: 3 lanes.