

MARATHON SWIMMING – Training Schedule

According to the FINA Rules, training sessions will start five (5) days prior to competition, in this case from July 8, 2019. Swimmers will also be allocated training sessions during the days of competition, both in the designated pool and competition venue.

Swimmers will be allocated two (2) training sessions per day: one session in the **pool** and another session in the **FOP/competition venue**.

The schedule of training sessions:

❖ Competition Venue (Yesou)

July 08-12	training	10:00-12:00	14:00–18:00
July 15	training	10:00-12:00	14:00–15:00
July 13-18	training	during the competition	15:30-18:00

❖ Pool

- Yeosu Jinnam Swimming Pool (50m, 10 lanes)

July. 08-18.	training	08:00-12:00	14:00–17:00
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