



2019  
25 - 31 AUGUST  
São Paulo - Brazil

SÃO PAULO, BRAZIL  
SWIMMING  
Training Schedule  
22,23,24 e 25 August 2019



50M SWIMMING POOL

Thursday 22 August 2019

10:00-11:00 AM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	FREE	FREE		FREE			FREE		starts turns sprints

11:00-12:00 AM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	LVA	GER		BLR			JPN		starts turns sprints

MIDDAY BREAK 12:00-13:30 PM

13:30-15:30 PM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints		JPN		NED	GBR		BLR		starts turns sprints

15:30 -18:00 PM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints			UKR				POR	LVD	starts turns sprints



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50M SWIMMING POOL

Friday 23 August 2019

08:00-09:20 AM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	JPN				BLR			MKD	starts turns sprints

09:20-10:40 AM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	RSA	POR	CRC	GER	GRB	LVA			starts turns sprints

10:40-12:00 AM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	UKR				POL				starts turns sprints

MIDDAY BREAK 12:00-13:30 PM

13:30-14:45 PM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	POL				JPN		LVA		starts turns sprints

14:45 -16:00 PM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	NED	MKD			UKR				starts turns sprints

16:00- 18:00 PM

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	POR	RSA		CAN	GER	FREE	FREE		starts turns sprints



**SÃO PAULO, BRAZIL**  
**SWIMMING**  
**Training Schedule**  
**22,23,24 e 25 August 2019**



**50M SWIMMING POOL**

**Saturday 24 August 2019**

**8:00 - 9:20 AM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	UKR					BLR			starts turns sprints

**9:20-10:40 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	JPN		CAN		LAT	RSA		MAU	

**10:40 -12:00 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	SWE		POR	AUS		POL			starts turns sprints

**MIDDAY BREAK 12:00-13:30 PM**

**13:30-15:00 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints			USA			AUS	CYP		starts turns sprints

**15:00 -16:00 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	CRO	MAU		UKR			CAN		starts turns sprints

**16:00- 17:00 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	FREE	JPN	JPN	BRA	LVA	CRC	GER	FREE	starts turns sprints

**17:00- 18:00 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts turns sprints	NZL	POR	RSA	CAN		BLR			starts turns sprints



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**25M SWIMMING POOL**

**Sunday 25 August 2019**

**8:30 - 9:30 AM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6
RUS						

**50M SWIMMING POOL**

**Sunday 25 August 2019**

**8:00 - 9:00 AM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9	
starts	SWE		POR	AUS		POL			starts	
turns	ITA			IRL		POL			turns	
sprints	CRO			IRL		POL			sprints	

**9:00 - 10:00 AM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9	
starts	BLR		JPN	JPN	BRA	GER	CRC	MKD	starts	
turns	BLR			BRA			IRE	GBR	turns	
sprints	BLR			BRA			IRE	GBR	sprints	

**10:00-11:00 AM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts	UKR					BLR			starts
turns	UKR					BLR			turns
sprints	UKR					BLR			sprints

**11:00-12:00 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9		
starts	USA				CAN	CAN	CYP		starts		
turns	USA						GRE		turns		
sprints	USA						ESP		sprints		

**MIDDAY BREAK 12:00-13:30 PM**

**13:30-15:00 PM**

lane 0	lane 1	lane 2	lane 3	lane 4	lane 5	lane 6	lane 7	lane 8	lane 9
starts	NZL	RUS					PAR	LVA	
turns	GER	RUS					MKD	LVA	
sprints	ECU	RUS					MKD	LVA	
	NED	RUS					MKD	LVA	