

# Training Schedule

Thursday 4 August 2022		
0600-0730	Swim training	Wales National Pool
0800-1700	Run training	Indoor track
0800-1700	Run training	Outdoor track
Friday 5 August 2022		
0600-0730	Swim training	Wales National Pool
0800-2000	Run training	Indoor track
0800-2000	Run training	Outdoor track
Saturday 6 August 2022		
0600-0730	Swim training	Wales National Pool

## Swim training

Use of the four lane, 25m pool at [Wales National Pool](#) has been secured for athletes as per the above times. No booking is required.

## Cycle training

The cycle course takes place on roads which will be open to traffic, with the exception of during the bike familiarisation and the race itself.

Whilst it is not possible to train on the entire route, as one section goes on the wrong side of the road, athletes may choose to cycle those parts that can be accessed – though it must be noted that athletes do so at their own risk. Oystermouth Road is the main thoroughfare through the city of Swansea and is very busy, so caution is to be advised.

The [highway code](#) must be adhered to at all times, specifically:

- You must cycle on the left-hand side of the highway.
- You must not cycle on the pavement (sidewalk) unless it is a shared space which cyclists and pedestrians can both use.
- You should be considerate of the needs of other road users when riding in groups. You can ride two abreast and it can be safer to do so, particularly in larger groups or when accompanying children or less experienced riders. Be aware of drivers behind you and allow them to overtake (for example, by moving into single file or stopping) when you feel it is safe to let them do so.

No specific cycle training is provided by the LOC, however the below are suggested:

- **National Cycle Network 4 – Swansea Bike Path**  
<https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/swansea-bike-path/>

This path follows the coastline of Swansea Bay and as a result, can often be covered with sand. This is a shared path with pedestrians and can get very busy, so using in the early morning is recommended. The path is accessible from either Singleton Campus or from the event venue.

- **Pembrey National Closed Road Circuit**

<https://www.britishcycling.org.uk/news/article/20180723-National-Closed-Road-Circuit--Carmarthenshire-0?c=WA>

This is a purpose-built closed road circuit, built to British Cycling standards.

Approximately an hour's drive away, the circuit is accessible and free of charge when there is no booked session. Should National Federations or athletes wish to book the circuit, please email [crccarmarthenshire@welshcycling.co.uk](mailto:crccarmarthenshire@welshcycling.co.uk).

### **Run training**

Use of both the indoor and outdoor athletics track at [Swansea Bay Sports Park](#) have been secured for athletes as per the above times. No booking is required.