

| Dag | Datum | Training | Locatie | Start | Einde |
|-----------|-------------------|--------------------------------|-----------------------------|--------------|--------------|
| Vr | 1/06/2018 | Open water zwemmen | De Gavers Harelbeke | 19.00 | 20.00 |
| Za | 2/06/2018 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
| Zo | 3/06/2018 | Toertocht Harelbeke | Memorial P. Vandorpe | 08.30 | |
| Di | 5/06/2018 | Zwemmen | ZB Zwevegem | 20.30 | 21.30 |
| Wo | 6/06/2018 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 8/06/2018 | Open water zwemmen | De Gavers Harelbeke | 19.00 | 20.00 |
| Za | 9/06/2018 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
| Zo | 10/06/2018 | Fietsen | No Limit House | 09.00 | 11.00 |
| Di | 12/06/2018 | Zwemmen | ZB Zwevegem | 20.30 | 21.30 |
| Wo | 13/06/2018 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 15/06/2018 | Open water zwemmen | De Gavers Harelbeke | 19.00 | 20.00 |
| Za | 16/06/2018 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
| Zo | 17/06/2018 | Geen begeleide training | Triatlon Kortrijk | | |
| Di | 19/06/2018 | Zwemmen | ZB Zwevegem | 20.30 | 21.30 |
| Wo | 20/06/2018 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 22/06/2018 | Open water zwemmen | De Gavers Harelbeke | 19.00 | 20.00 |
| Vr | 22/06/2018 | Final Countdown | ZB Zwevegem | 20.30 | ??? |
| Za | 23/06/2018 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
| Zo | 24/06/2018 | Fietsen | No Limit House | 09.00 | 11.00 |
| Di | 26/06/2018 | Zwemmen | ZB Zwevegem | 20.30 | 21.30 |
| Wo | 27/06/2018 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 29/06/2018 | Open water zwemmen | De Gavers Harelbeke | 19.00 | 20.00 |
| Za | 30/06/2018 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
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