

| Dag | Datum | Training | Locatie | Start | Einde |
|-----------|-------------------|----------------------|---------------------------|-------|-------|
| Di | 2/07/2019 | Zwemmen | ZB Zwevegem (Lago) | 21.00 | 22.00 |
| Wo | 3/07/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 5/07/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Za | 6/07/2019 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
| Zo | 7/07/2019 | Fietsen | No Limit House | 09.00 | 11.00 |
| Zo | 7/07/2019 | Fietsen | No Limit House | 09.00 | 11.30 |
| Di | 9/07/2019 | Zwemmen | ZB Zwevegem (Lago) | 21.00 | 22.00 |
| Wo | 10/07/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 12/07/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Za | 13/07/2019 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
| Zo | 14/07/2019 | Fietsen | No Limit House | 09.00 | 11.00 |
| Zo | 14/07/2019 | Fietsen | No Limit House | 09.00 | 11.30 |
| Di | 16/07/2019 | Zwemmen | ZB Zwevegem (Lago) | 21.00 | 22.00 |
| Wo | 17/07/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Vr | 19/07/2019 | Lopen | AP Zwevegem | 20.00 | 21.00 |
| Za | 20/07/2019 | Zwemmen | ZB Avelgem (2B) | 08.30 | 09.30 |
| Zo | 21/07/2019 | Geen training | Nationale feestdag | | |
| Di | 23/07/2019 | Geen training | Verlof | | |
| Wo | 24/07/2019 | Geen training | Verlof | | |
| Vr | 26/07/2019 | Geen training | Verlof | | |
| Za | 27/07/2019 | Geen training | Verlof | | |
| Zo | 28/07/2019 | Geen training | Verlof | | |
| Di | 30/07/2019 | Geen training | Verlof | | |
| Wo | 31/07/2019 | Geen training | Verlof | | |
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