



2025 IWF WORLD CHAMPIONSHIPS TRAINING SCHEDULE



	September 29 Monday	September 30 Tuesday	October 01 Wednesday	October 02 Thursday	October 03 Friday	October 04 Saturday	October 05 Sunday
09:00 - 10:30	GROUP A	GROUP F	GROUP E	GROUP D	GROUP C	GROUP B	GROUP A
10:45 - 12:15	GROUP B	GROUP A	GROUP F	GROUP E	GROUP D	GROUP C	GROUP B
12:30 - 14:00	GROUP C	GROUP B	GROUP A	GROUP F	GROUP E	GROUP D	GROUP C
14:15 - 15:45	GROUP D	GROUP C	GROUP B	GROUP A	GROUP F	GROUP E	GROUP D
16:00 - 17:30	GROUP E	GROUP D	GROUP C	GROUP B	GROUP A	GROUP F	GROUP E
17:45 - 19:15	GROUP F	GROUP E	GROUP D	GROUP C	GROUP B	GROUP A	GROUP F

1 TRAINING PLATFORM / 2 ATHLETES

	October 06 Monday	October 07 Tuesday	October 08 Wednesday	October 09 Thursday	October 10 Friday	October 11 Saturday
09:00 - 10:30	GROUP F	GROUP E	GROUP D	GROUP C	GROUP B	OPEN TRAINING 09:00 - 14:00
10:45 - 12:15	GROUP A	GROUP F	GROUP E	GROUP D	GROUP C	
12:30 - 14:00	GROUP B	GROUP A	GROUP F	GROUP E	GROUP D	
14:15 - 15:45	GROUP C	GROUP B	GROUP A	GROUP F	GROUP E	
16:00 - 17:30	GROUP D	GROUP C	GROUP B	GROUP A	GROUP F	
17:45 - 19:15	GROUP E	GROUP D	GROUP C	GROUP B	GROUP A	

1 TRAINING PLATFORM / 2 ATHLETES