Die Trainingszeit pro Teilnehmer beträgt 5 Minuten, mindestens jedoch 10 Min. Die Trainingsreihenfolge wird nach Olympischen Landeskennzeichen eingeteilt.

The time for training is 5 minutes per participant; however, at least 10 minutes. The training order follows the IOC county codes.

| | | Poginn: | Ende: |
|-------------------|-------|---------|--------------|
| ALIT O1 | LALIT | Beginn: | |
| AUT -01 AUT-02 | AUT | 8.00 | 8.35 8.35 |
| | | | |
| AUT-03 | | 8.00 | 8.35 |
| AUT-04 | | 8.00 | 8.35 |
| AUT-05 | | 8.00 | 8.35 |
| AUT-06 | | 8.00 | 8.30 |
| BEL-01 | BEL | 8.30 | 9.00 |
| BEL-02 | | 8.30 | 9.00 |
| BEL-03 | | 8.30 | 9.00 |
| BEL-04 | | 8.30 | 9.00 |
| BEL-05 | | 8.30 | 9.00 |
| BEL-06 | | 8.30 | 9.00 |
| CAN-01 | CAN | 9.00 | 9.10 |
| CAN-02 | | 9.00 | 9.10 |
| CZE-01 | CZE | 9.10 | 9.25 |
| CZE-02 | | 9.10 | 9.25 |
| CZE-03 | | 9.10 | 9.25 |
| DEN-01 | DEN | 9.25 | 9.35 |
| ESP-01 | ESP | 9.40 | 10.05 |
| ESP-02 | | 9.40 | 10.05 |
| ESP-03 | | 9.40 | 10.05 |
| ESP-04 | | 9.40 | 10.05 |
| ESP-05 | | 9.40 | 10.05 |
| FRA-01 | FRA | 10.05 | 10.25 |
| FRA-02 | | 10.05 | 10.25 |
| FRA-03 | | 10.05 | 10.25 |
| FRA-04 | | 10.05 | 10.25 |
| GBR-01 | GBR | 10.25 | 10.35 |
| GER-01 | GER | 10.35 | 11.05 |
| GER-02 | | 10.35 | 11.05 |
| GER-03 | | 10.35 | 11.05 |
| GER-04 | | 10.35 | 11.05 |
| GER-05 | | 10.35 | 11.05 |
| GER-06 | | 10.35 | 11.05 |
| IRL-01 | IRL | 11.05 | 11.15 |
| ITA-01 | ITA | 11.15 | 11.45 |
| ITA-02 | | 11.15 | 11.45 |
| ITA-03 | | 11.15 | 11.45 |
| ITA-04 | | 11.15 | 11.45 |
| ITA-05 | | 11.15 | 11.45 |
| ITA-06 | | 11.15 | 11.45 |
| NOR-01 | NOR | 11.45 | 11.55 |
| RUS-01 | RUS | 11.55 | 12.10 |

| RUS-02 | | 11.55 | 12.10 |
|--------|-----|-------|-------|
| RUS-03 | | 11.55 | 12.10 |
| SUI-01 | SUI | 12.10 | 12.35 |
| SUI-02 | | 12.10 | 12.35 |
| SUI-03 | | 12.10 | 12.35 |
| SUI-04 | | 12.10 | 12.35 |
| SUI-05 | | 12.10 | 12.35 |
| SVK-01 | SVK | 12.35 | 12.45 |
| SWE-01 | SWE | 12.45 | 12.55 |
| SWE-02 | | 12.45 | 12.55 |
| TUR-01 | TUR | 12.55 | 13.05 |
| TUR-02 | | 12.55 | 13.05 |
| USA-01 | USA | 13.05 | 13.30 |
| USA-02 | | 13.05 | 13.30 |
| USA-03 | | 13.05 | 13.30 |
| USA-04 | | 13.05 | 13.30 |
| USA-05 | | 13.05 | 13.30 |