ITU - OLYMPIC SOLIDARITY COMMUNITY LEVEL COACHING COURSE
21-24 February 2013 – Tripoli, Libya

	20.02.	21.02.	22.02.	23.02.	24.02.
9:00		Welcome, Triathlon history	Swim theory: safety, skills, drills	Run theory: safety, skills, drills	Practical (workshop): Training leading
10:15		Break	Break	Break	Break
10:30		Basic Triathlon information	Swim practical	Run practical	follow
12:00		Lunch	Lunch	Lunch	Lunch
1:30		Ethics, philosophy and coaching rules	Bike theory, Transition theory: safety, skills, drills	Basic planning	Sport development at home
2:30		Break-15 minutes	Break – 15 minutes	Break – 15 minutes	Course ends
2:45	Staff Only Review Facilities, room, equip. Room prep and set up	Review questions Coaching Communication Teaching & learning	Bike and transition practical	Workshop: Planning	