triathlon DEVELOPMENT

2016 ST. CROIX OS - ITU Level 1 Coaches Course - SHEDULE

	28th November 2016 MONDAY	29th November 2016 TUESDAY	30th November 2016 WEDNESDAY	1st December 2016 THURSDAY	2nd December 2016 FRIDAY
	Day 1	Day 2	Day 3	Day 4	Day 5
9am	Welcome and Introductions (60 min)	Run Practical (2.5 hours)	Bike and transition Practical (3 hours)	Swim Practical (3 hours)	Practical Assessment swim, bike or run (3 hours)
10am	What is Triathlon Coaching? Roles, Ethics & Philosophy (60 min)				
11am	The Coaching Process, Teaching & learning (60 min)	Evaluation and Review (30 min)			
12am	Lunch	Lunch	Lunch	Lunch	Lunch
1pm	Principles of session delivery (inc. warm up/cool down) Include mini practical (75 min)	Understanding Participants (45 min)	Swim Theory (3 hours)	LTAD (45 min)	1-2-1 debrief and evaluation
2pm		Safety & Welfare (45 min)		Improving Performance (75 min)	
3pm	Run Theory Workshop (2 hours)	Bike Theory (1.75 hour)		Programme Planning (90 min)	Next steps - Coaching and sport development
4pm	Guide to online learning (45 min)	Transition Theory (45 min)	Open Water Theory (1 hour)	Preparation for assessment (30 min)	
5pm					
Evening	Meal, personal reflection and study tasks	Meal, personal reflection and study tasks	Meal, personal reflection and study tasks	Meal, personal reflection and study tasks	Meal, personal reflection and study tasks