

	31 October 2016	01 November 2016	02 November 2016	03 November 2016	04 November 2016	
	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)				
5pm			Preparation for assessment (30 min)			
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	