

	30 April 2017	01 May 2017	02 May 2017	03 May 2017	04 May 2017
	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	
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)	
2pm	Run Theory Workshop (2 hours)	Safety & Welfare (45 min)		Improving Performance (75 min)	
3pm		Bike Theory (1.75 hour)		Programme Planning (90 min)	
4pm	Guide to online learning (45 min)	Transition Theory (45 min)		Open Water Theory (1 hour)	Preparation for assessment (30 min)
5pm					Next steps - Coaching and sport development
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	Departures