

**2018 Nicosia OS-ITU Coaches Level 1 Course - SCHEDULE**

**Facilitator Team : Zeljko Bijuk (CRO), Milos Petelin (SLO)**

|       |       | 03-Jul-18  | 04-Jul-18  | 05-Jul-18                              | 06-Jul-18  | 07-Jul-18                               | 08-Jul-18   |                          |
|-------|-------|--|--|--|--|---|---|--------------------------|
| 07:00 | 09:00 | <b>Candidates arrive. Facilitators set up room, and check resources and facilities</b> | <b>Welcome and Introductions 1A (60 min)</b>   | <b>Run Practical (2.5 hours)</b>       | Breakfast, Free time   |   | <b>Practical Assessment Swim, Bike, Run (3 hours)</b>       |                          |
| 09:00 | 09:15 |  |  |  | What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min) | Bike and transition Practical (3 hours) |   | Swim Practical (3 hours) |
| 09:15 | 09:30 |  |  |  |  |   |   |                          |
| 09:30 | 09:45 |  | The Coaching Process, Teaching & learning 1C (60 min)  | Evaluation and Review 2A (30 min)      | Lunch  | Lunch                                   |   |                          |
| 09:45 | 10:00 |  |  |  |  |   |   |                          |
| 10:00 | 10:15 |  | Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min) | Understanding Participants 2B (45 min) | Lunch  | Lunch                                   | Children & Young People 4A (45 min)                         |                          |
| 10:15 | 10:30 |  |  |  |  |   |   |                          |
| 10:30 | 10:45 |  | <b>Run Theory Workshop 1E (2 hours)</b>  | Safety & Welfare 2C (45 min)           | Swim Theory 3A (3 hours)   | Improving Performance 4B (75 min)       | 1-2-1 debrief and evaluation                                |                          |
| 10:45 | 11:00 |  |  |  |  |   |   |                          |
| 11:00 | 11:15 |  | Guide to online learning 1F (45 min)   | Bike Theory 2D (1.75 hour)             | Open Water Theory 3B (1 hour)                                      | Programme Planning 4C (90 min)          | Next steps - Coaching and sport development Course Close 5A |                          |
| 11:15 | 11:30 |  |  |  |  |   |   |                          |
| 11:30 | 11:45 |  | <b>Course Welcome Flexible welcome for candidates, Facilitators available</b>                | Transition Theory 2E (45 min)          | Preparation for assessment (30 min)                                | Free time, self study                   |   |                          |
| 11:45 | 12:00 |  |  |  |  |   |   |                          |
| 12:00 | 12:15 |  | Evening Meal   |  |  |   |   |                          |
| 12:15 | 12:30 |  | Free Time  |  |  |   |   |                          |
| 12:30 | 12:45 |  |  |  |  |   |   |                          |
| 12:45 | 13:00 |  |  |  |  |   |   |                          |
| 13:00 | 13:15 |  |  |  |  |   |   |                          |
| 13:15 | 13:30 |  |  |  |  |   |   |                          |
| 13:30 | 13:45 |  |  |  |  |   |   |                          |
| 13:45 | 14:00 |  |  |  |  |   |   |                          |
| 14:00 | 14:15 |  |  |  |  |   |   |                          |
| 14:15 | 14:30 |  |  |  |  |   |   |                          |
| 14:30 | 14:45 |  |  |  |  |   |   |                          |
| 14:45 | 15:00 |  |  |  |  |   |   |                          |
| 15:00 | 15:15 |  |  |  |  |   |   |                          |
| 15:15 | 15:30 |  |  |  |  |   |   |                          |
| 15:30 | 15:45 |  |  |  |  |   |   |                          |
| 15:45 | 16:00 |  |  |  |  |   |   |                          |
| 16:00 | 16:15 |  |  |  |  |   |   |                          |
| 16:15 | 16:30 |  |  |  |  |   |   |                          |
| 16:30 | 16:45 |  |  |  |  |   |   |                          |
| 16:45 | 17:00 |  |  |  |  |   |   |                          |
| 17:00 | 17:15 |  |  |  |  |   |   |                          |
| 17:15 | 17:30 |  |  |  |  |   |   |                          |
| 17:30 | 18:00 |  |  |  |  |   |   |                          |
| 18:00 | 19:00 |  |  |  |  |   |   |                          |
| 19:00 | 20:00 |  |  |  |  |   |   |                          |
| 20:00 | -     |  |  |  |  |   |   |                          |