**Schedule**

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|  |  |  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| 7:00 | 7:30 | Candidates arrive. Facilitators set up room, and check resources and facilities | Breakfast, Free time | | | | |
| 7:30 | 8:00 |
| 8:00 | 8:30 |
| 8:30 | 9:00 |
| 9:00 | 9:15 | Welcome and Introductions 1A (60 min) | Run Practical  (2.5 hours) Using coaches as athletes | Bike and transition Practical  (3 hours) (Using Korea Junior Athletes) | Swim Practical  (3 hours) (using Coaches as athletes) | Practical Assessment Swim (3 hours) |
| 9:15 | 9:30 |
| 9:30 | 9:45 |
| 9:45 | 10:00 |
| 10:00 | 10:15 | What is Triathlon Coaching? Roles, Ethics & Philosophy  1B (60 min) |
| 10:15 | 10:30 |
| 10:30 | 10:45 |
| 10:45 | 11:00 |
| 11:00 | 11:15 | The Coaching Process, Teaching & learning  1C (60 min) |
| 11:15 | 11:30 |
| 11:30 | 11:45 | Evaluation and Review  2A  (30 min) |
| 11:45 | 12:00 |
| 12:00 | 12:15 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:15 | 12:30 |
| 12:30 | 12:45 |
| 12:45 | 13:00 |
| 13:00 | 13:15 | Principles of session delivery (inc. Warm up / cool down)  1D Include mini practical (75 min) | Understanding Participants 2B (45 min) | Swim Theory 3A (3 hours) | LTAD  4A (45 min) | 1-2-1 debrief and evaluation |
| 13:15 | 13:30 |
| 13:30 | 13:45 |
| 13:45 | 14:00 | Safety & Welfare 2C (45 min) | Improving Performance 4B (75 min) |
| 14:00 | 14:15 |
| 14:15 | 14:30 | Run Theory Workshop 1E (2 hours) |
| 14:30 | 14:45 | Bike Theory 2D (1.75 hour) |
| 14:45 | 15:00 |
| 15:00 | 15:15 | Programme Planning 4C (90 min) |
| 15:15 | 15:30 |
| 15:30 | 15:45 | Next steps - Coaching and sport development Course Close 5A |
| 15:45 | 16:00 |
| 16:00 | 16:15 | Open Water Theory 3B (1 hour) |
| 16:15 | 16:30 | Guide to online learning  1F (45 min) | Transition Theory 2E (45 min) |
| 16:30 | 16:45 | Preparation for assessment  (30 min) |
| 16:45 | 17:00 |
| 17:00 | 17:15 |  | Free time, self study | | | | |
| 17:15 | 17:30 |
| 17:30 | 18:00 |
| 18:00 | 19:00 |
| 19:00 | 20:00 | Evening Meal | | | | | |
| 20:00 | - | Free Time | | | | | |