**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 Introductions1A(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 AssessmentSwim(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) 1DInclude mini practical(75 min) | Understanding Participants 2B(45 min) | Swim Theory3A(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 Performance4B(75 min) |
| 14:00 | 14:15 |
| 14:15 | 14:30 | Run Theory Workshop1E(2 hours) |
| 14:30 | 14:45 | Bike Theory2D(1.75 hour) |
| 14:45 | 15:00 |
| 15:00 | 15:15 | Programme Planning4C(90 min) |
| 15:15 | 15:30 |
| 15:30 | 15:45 | Next steps - Coaching and sport developmentCourse Close5A |
| 15:45 | 16:00 |
| 16:00 | 16:15 | Open Water Theory3B(1 hour) |
| 16:15 | 16:30 | Guide to online learning 1F(45 min) | Transition Theory2E(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 |