

2019 MONTERREY ITU Coaches Level 2 Course - SCHEDULE

Facilitator Team : Claudia Beristain (MEX), Rodrigo Milazzo (BRA), Vicent Beltran (ESP)

		Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	
		05.máj.19	06.máj.19	07.máj.19	08.máj.19	09.máj.19	10.máj.19	
7:00	7:30	Candidates arrive. Facilitators set up room, and check resources and facilities	Breakfast, free time					
7:30	8:00		Introduction 1A What is coaching. Teaching and Learning 1B	Swim Practical @ pool	Bike Practical outdoors	Run Practical outdoors	Group Case Study Presentations	
8:00	8:30							Break
8:30	9:00		Writing Session Plans	Change and return to room	Change and return to room	Change and return to room	Group Case Study Presentations	
9:00	9:30							Break
9:30	9:45		Training Theory and Applying Physiology A 1C	Reflective coaching 2A	Ethical Coaching 3A	Run Training Design: Designing individual and blocks of sessions 4A	Group Case Study Presentations	
9:45	10:00							Break
10:00	10:15		Lunch	Lunch	Lunch	Lunch	Lunch	
10:15	10:30							Break
10:30	10:45		Training Theory and Applying Physiology B 1C	Triathlon Holistic Planning A 2B	Bike Training Design: Designing individual and blocks of sessions 3B	Run Training Design: Designing individual and blocks of sessions 4A	1-2-1 with facilitators	
10:45	11:00							Swim Training Design: Designing individual and blocks of sessions 2C
11:00	11:15		Break	Break	Break	Break	Course Close - 5A CPD and development Assessment, next steps, pathway	
11:15	11:30							Break
11:30	11:45		Training Theory and Applying Physiology B 1C	Swim Training Design: Designing individual and blocks of sessions 2C	Run Technique Developing Skills, technique and tactics 3C	Triathlon Holistic Planning B 2B	Course Close - 5A CPD and development Assessment, next steps, pathway	
11:45	12:00							Break
12:00	12:15		Swim Technique Developing Skills, technique and tactics 1D	Bike Technique Developing Skills, technique and tactics 2D	Applying Psychology in Sessions 3D	Preparation time for Group Case Study	Course Close - 5A CPD and development Assessment, next steps, pathway	
12:15	12:30							Break
12:30	12:45		Break	Break	Break	Break	Travel	
12:45	13:00							Break
13:00	13:15		Course Welcome Flexible welcome for candidates, Facilitators available in restaurant or meeting/class room	Free time, self study, case study group time				Travel
13:15	13:30	Evening Meal						
13:30	13:45	Free time					Travel	
13:45	14:00	Free time						
14:00	14:15						Travel	
14:15	14:30							
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18:00	19:00							
19:00	20:00						Travel	
20:00	-							