

2019 Hong Kong ITU Coaches Level 2 Course - SCHEDULE

Facilitator Team : Fenella Ng (HKG), Eugene Lee (SGP), Vicent Beltran (ESP)

Day 0		Day 1	Day 2	Day 3	Day 4	Day 5	
Day-Month-Year		02.júl.19	03.júl.19	04.júl.19	05.júl.19	06.júl.19	
7:00	7:30	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	1-2-1 with facilitators	
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	Free time, self study, case study group time					Travel
12:45	13:00	Evening Meal					
13:00	13:15	Free time					
13:15	13:30	Free time					
13:30	13:45	Free time					
13:45	14:00	Free time					
14:00	14:15	Free time					
14:15	14:30	Free time					
14:30	14:45	Free time					
14:45	15:00	Free time					
15:00	15:15	Free time					
15:15	15:30	Free time					
15:30	15:45	Free time					
15:45	16:00	Free time					
16:00	16:15	Free time					
16:15	16:30	Free time					
16:30	16:45	Free time					
16:45	17:00	Free time					
17:00	17:15	Free time					
17:15	17:30	Free time					
17:30	18:00	Course Welcome Flexible welcome for candidates, Facilitators available in restaurant or meeting/class room	Free time, self study, case study group time			Travel	
18:00	19:00		Evening Meal				
19:00	20:00	Free time					
20:00	-	Free time					

Candidates arrive.
Facilitators set up room, and check
resources and facilities