

**2019 Hong Kong ITU Coaches Level 1 Course - SCHEDULE**

Facilitator Team : Fenella Ng (HKG); Eugene Lee (SGP)

DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
Day-Month-Year	07.júl.19	08.júl.19	09.júl.19	10.júl.19	11.júl.19	
<p><b>Candidates arrive. Facilitators set up room, and check resources and facilities</b></p>	Breakfast, Free time					
	<p><b>Welcome and Introductions 1A (60 min)</b></p>	<p><b>Run Practical (2.5 hours)</b></p>	<p>Bike and transition Practical (3 hours)</p>	<p>Swim Practical (3 hours)</p>	<p><b>Practical Assessment Swim, Bike, Run (3 hours)</b></p>	
	<p>What is Triathlon Coaching? Roles, Ethics &amp; Philosophy 1B (60 min)</p>					
	<p>The Coaching Process, Teaching &amp; learning 1C (60 min)</p>					
	Lunch	Lunch	Lunch	Lunch	Lunch	
	<p>Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)</p>	<p>Understanding Participants 2B (45 min)</p>	<p><b>Swim Theory 3A (3 hours)</b></p>	<p><b>Children &amp; Young People 4A (45 min)</b></p>	<p><b>1-2-1 debrief and evaluation</b></p>	
	<p><b>Run Theory Workshop 1E (2 hours)</b></p>	<p>Safety &amp; Welfare 2C (45 min)</p>				<p>Improving Performance 4B (75 min)</p>
	<p><b>Guide to online learning 1F (45 min)</b></p>	<p>Bike Theory 2D (1.75 hour)</p>				<p>Programme Planning 4C (90 min)</p>
	<p>Transition Theory 2E (45 min)</p>	<p>Open Water Theory 3B (1 hour)</p>	<p>Preparation for assessment (30 min)</p>	<p><b>Next steps - Coaching and sport development Course Close 5A</b></p>		
<p><b>Course Welcome Flexible welcome for candidates, Facilitators available</b></p>	Free time, self study					
Evening Meal						
Free Time						