

Ulaanbaatar Level 1 Course Schedule (July 2019)

Facilitator Team : Zeljko Bijuk (CRO) / Igors Siminaitis (LAT)

		Day 0	Day 1	Day 2	Day 3	Day 4	Day 5				
07:00	09:00	Candidates arrive. Facilitators set up room, and check resources and facilities	Welcome and introductions 1A (60 min) Zeljko	Run Practical (2.5 hours) Zeljko (lead)	Breakfast, Free time		Practical Assessment Swim, Bike, Run (3 hours) Zeljko - Igors				
09:00	09:15				What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min) Zeljko	Bike and transition Practical (3 hours) Igors (lead)		Swim Practical (3 hours) Zeljko (lead)			
09:15	09:30								The Coaching Process, Teaching & learning 1C (60 min) Zeljko	Evaluation and Review 2A (30 min) Igors	
09:30	09:45				Lunch	Lunch		Lunch			Lunch
09:45	10:00								Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min) Zeljko	Understanding Participants 2B (45 min) Zeljko	
10:00	10:15				Run Theory Workshop 1E (2 hours) Igors	Safety & Welfare 2C (45 min) Igors		Improving Performance 4B (60 min) Igors			1-2-1 debrief and evaluation Zeljko-Igors
10:15	10:30								Guide to online learning 1F (45 min) Zeljko	Bike Theory 2D (1.75 hour) Igors	
10:30	10:45				Open Water Theory 3B (1 hour) Zeljko	Programme Planning 4D (60 min) Igors		Next steps - Coaching and sport development Course Close 5A Zeljko - Igors			
10:45	11:00								Course Welcome Flexible welcome for candidates, Facilitators available	Transition Theory 2E (45 min) Zeljko	Preparation for assessment (30 min) Zeljko - Igors
11:00	11:15				Free time, self study						
11:15	11:30				Evening Meal						
11:30	11:45				Free Time						
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