### 2020 Ankara OS-ITU Coaches Level 1 Course - SCHEDULE

**Facilitator Team:** Željko Bijuk (CRO), Milos Petelin (SLO)

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#### Day 0
- **Candidates arrive. Facilitators set up room, and check resources and facilities.**
- **Welcome and Introductions**
  - 1A (60 min)
- **What is Triathlon Coaching? Roles, Ethics & Philosophy**
  - 1B (60 min)
- **The Coaching Process, Teaching & learning**
  - 1C (60 min)
- **Principles of session delivery**
  - (inc. Warm up / cool down)
  - 1D (75 min)
- **Run Theory Workshop**
  - 1E (2 hours)
- **Understanding Participants**
  - 2B (45 min)
- **Bike Theory**
  - 2D (1.75 hour)
- **Transition Theory**
  - 2E (45 min)
- **Open Water Theory**
  - 3B (45 min)
- **Swim Practical**
  - (3 hours)
- **Run Practical**
  - (2.5 hours)
- **Safety & Welfare**
  - 2C (45 min)
- **Evaluation and Review**
  - 2A (30 min)

#### Day 1
- **Course Welcome**
  - Flexible welcome for candidates, Facilitators available
- **What is Triathlon Coaching? Roles, Ethics & Philosophy**
  - 1B (60 min)
- **Run Theory Workshop**
  - 1E (2 hours)
- **Understanding Participants**
  - 2B (45 min)
- **Bike Theory**
  - 2D (1.75 hour)
- **Transition Theory**
  - 2E (45 min)
- **Open Water Theory**
  - 3B (45 min)

#### Day 2
- **Facilitator Team**:
  - Željko Bijuk (CRO), Milos Petelin (SLO)
- **Swim Practical**
  - (3 hours)
- **Bike and transition Practical**
  - (3 hours)
- **Practical Assessment**
  - Swim, Bike, Run
  - (3 hours)
- **Children & Young People**
  - 4A (45 min)
- **Swim Theory**
  - 3A (3 hours)
- **Improving Performance**
  - 4B (75 min)
- **Programme Planning**
  - 4C (90 min)
- **Preparation for assessment**
  - (30 min)

#### Day 3
- **Next steps - Coaching and sport development**
- **Course Close**
  - 5A

#### Day 4
- **Next steps - Coaching and sport development**
- **Course Close**
  - 5A

#### Day 5
- **Next steps - Coaching and sport development**
- **Course Close**
  - 5A