

2021 Kuwait World Triathlon Coaches Level 1 Course - SCHEDULE

Facilitator Team : **Vicent Beltran (ESP), Mahdi Mnif (TUN)**

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
		01.Mar.21	02.Mar.21	03.Mar.21	04.Mar.21	05.Mar.21	06.Mar.21	
		Breakfast, Free time						
		Candidates arrive. Facilitators set up room, and check resources and facilities	Welcome and Introductions 1A (60 min)	Run Practical (2.5 hours)	Bike and transition Practical (3 hours)	Swim Practical (3 hours)	Practical Assessment Swim, Bike, Run (3 hours)	
			What is Triathlon Coaching? Roles, Ethics & Philosophy 1B (60 min)					
			The Coaching Process, Teaching & learning 1C (60 min)					
				Evaluation and Review 2A (30 min)				
			Lunch	Lunch	Lunch	Lunch	Lunch	
			Principles of session delivery (inc. Warm up / cool down) 1D Include mini practical (75 min)	Understanding Participants 2B (45 min)	Swim Theory 3A (3 hours)	Children & Young People 4A (45 min)	1-2-1 debrief and evaluation	
				Safety & Welfare 2C (45 min)		Improving Performance 4B (75 min)		
			Run Theory Workshop 1E (2 hours)	Bike Theory 2D (1.75 hour)		Programme Planning 4C (90 min)		
			Guide to online learning 1F (45 min)	Transition Theory 2E (45 min)	Open Water Theory 3B (1 hour)	Preparation for assessment (30 min)	Next steps - Coaching and sport development Course Close 5A	
			Course Welcome Flexible welcome for candidates, Facilitators available	Free time, self study				
			Evening Meal					
			Free Time					

7:00	9:00
9:00	9:15
9:15	9:30
9:30	9:45
9:45	10:00
10:00	10:15
10:15	10:30
10:30	10:45
10:45	11:00
11:00	11:15
11:15	11:30
11:30	11:45
11:45	12:00
12:00	12:15
12:15	12:30
12:30	12:45
12:45	13:00
13:00	13:15
13:15	13:30
13:30	13:45
13:45	14:00
14:00	14:15
14:15	14:30
14:30	14:45
14:45	15:00
15:00	15:15
15:15	15:30
15:30	15:45
15:45	16:00
16:00	16:15
16:15	16:30
16:30	16:45
16:45	17:00
17:00	17:15
17:15	17:30
17:30	18:00
18:00	19:00
19:00	20:00
20:00	-