

2022 Subic Bay World Triathlon Coaches Level 1 Course - SCHEDULE

Facilitator Team : Eugene Lee (SGP), Anthony Joseph Lozada (PHI)

		DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
		Day-Month-Year	03.May.22	04.May.22	05.May.2022	06.May.2022	07.May.2022
		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
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20:00	-